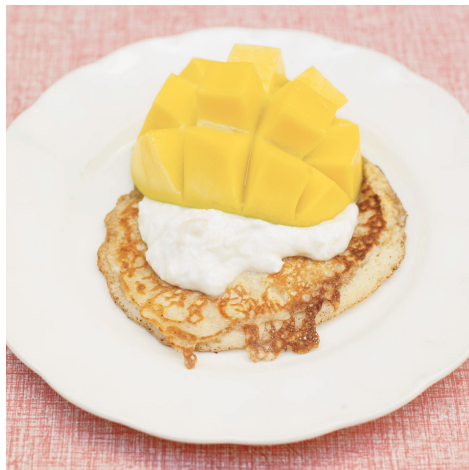


MINISTRY OF FOOD AUSTRALIA

ONE-CUP PANCAKES, TROPICAL YOGHURT AND MANGO



These are the easiest pancakes to make – you don't even need scales to weigh your ingredients. All you need is a cup or a mug. As long as you use the same cup for measuring both the flour and the milk, you'll be laughing! I've given you a recipe here for making your own tropical-flavoured yoghurt.

Serves 4

Ingredients

For the flavoured yoghurt

2 ripe bananas
250g natural yoghurt

For the pancakes

1 egg, preferably free-range or organic
1 cup of self-raising flour (see above)
1 cup of semi-skimmed milk (see above)
sea salt
25g butter
2 ripe mangoes
1 lime

Equipment list

Bowls
Fork
Spoon
Whisk
Knife
Chopping board
Frying pan
Ladle
Spatula
Kitchen paper

Jamie's MINISTRY OF FOOD AUSTRALIA

ONE-CUP PANCAKES, TROPICAL YOGHURT AND MANGO

To make your yoghurt and your pancake batter:

1. Peel your bananas, put them into a large bowl and mash them with a fork. Add the yoghurt and mix well. Put this to one side until needed and get started on your pancakes.

2. Crack your egg into a large mixing bowl. Add your flour, milk and a pinch of sea salt. Whisk everything together until you've got a lovely, smooth batter.

3. Slice the mangoes away from their stones, score the flesh across and push outwards so that you can slice it off the skin to give you diced mango.

To cook your pancakes:

4. Put a large frying pan on a medium heat and add half the butter. When the butter has melted and the pan is nice and hot, use a ladle to spoon the batter into the pan. Each ladleful will make 1 pancake – they're quite small, so you can cook several at a time. Cook for 1 to 2 minutes and use a spatula to turn them over when they start to brown on the bottom



and get little bubbles on the top.

5. When cooked on both sides, transfer them to a plate, carefully wipe the pan clean with kitchen paper, add the rest of the butter and start again. Keep going until all the batter is used up.

To serve your pancakes:

6. Serve straight away, topped with a dollop of flavoured yoghurt, the diced fresh mango, and wedges of lime for squeezing over.

Adapted from Jamie's Ministry of Food

JAMIE'S TOP TIPS

- If you use self-raising flour the pancakes will be more American in style, lovely and fluffy and thick. Plain flour will give you thinner ones, more like European crêpes.
- Great with a sprinkling of sugar and a squeeze of lemon juice (very old school!), or drizzled with maple syrup and served with crispy bacon. Try throwing a handful of blueberries into the batter mix if making American-style pancakes. I also love eating them with coconut yoghurt, which is delicious.

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