

chef's table...

Caramelised Apple Pancakes

To celebrate Pancake Day on 16th February, head chef Rosemary Wilmot from The Bridge in Bidford on Avon has given us this tasty pancake recipe – it's quick, easy, doesn't cost much and is one of the restaurant's best sellers! Have a go for yourself and find out why...

Ingredients

Filling:

6 Braeburn apples (or dessert apples)
Knob butter
30g caster sugar

Pancakes:

250ml milk and water mixed
1 egg
1 egg yolk
120g sifted plain flour
2tbsp sunflower oil

To serve:

Double cream
1tsp Demerara sugar

Method

1. Put pancake ingredients in a bowl and whisk well to form a batter. Set aside
2. Peel and thickly slice the apples. Arrange in a roasting dish, dot with butter and sprinkle on the sugar. Place in an oven at 220 for 15-20 minutes until soft and lightly caramelised
3. Put pancake batter into a jug. Heat the sunflower oil in a small non-stick frying pan until very hot
4. Pour a small amount of batter into the pan. Swirl around and pour out the excess back into the jug. You just want a thin layer of batter to coat the bottom of the pan
5. Turn the pancake almost immediately. Cook on the second side for a few seconds then turn out onto a plate
6. Continue like this until you have used all the batter, stacking the pancakes as you go. Cover with a tea-towel to stop them drying out
7. Place 2 pancakes onto a serving plate. Spoon the apple mixture down the middle of each pancake and fold over to form a half moon shape
8. Pour a little double cream over the top and dust with Demerara sugar. Place under a hot grill until bubbling