

Orange Cauliflower Pancakes

Season: Spring

Type: Dessert

Serves: 36 tastings

From the garden: Cauliflower



Equipment:

Food processor
Large mixing bowl x 1
Whisk x 1
Measuring cups
Measuring spoons
Large frying pan x 2
Spatula x 2
Serving plate x 5

Ingredients:

1 small frozen cauliflower (cut into big florets)
 $\frac{1}{3}$ cup water

2 cups self-raising flour
4 tablespoons sugar
2 tablespoons white vinegar
 $\frac{1}{4}$ cup canola oil
2 eggs
2 teaspoons vanilla essence

1 orange (juice & finely grated the rind), top up with milk to make $\frac{3}{4}$ cup

100g butter / some canola oil (for frying)

Just before serving, drizzle 2 tablespoons of maple syrup on each plate of the pancakes

What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Put cauliflower and water in the food processor in batches, process until smooth.
3. Put all ingredients **except** butter and maple syrup in a large mixing bowl, mix well.
4. Melt some butter in 2 large frying pans over medium heat.
5. Use a small soup ladle to spoon the pancake mixture onto the frying pan, put 4 pancakes in each frying pan.
6. Cook until bubbles start to appear on the pancake, flip over and cook until golden on both sides, about 2 minutes each side.
7. Distribute evenly on 5 serving plates and just before serving, drizzle 2 tablespoons of maple syrup on each plate of the pancakes.

Interesting terms: juice & finely grated the orange rind and top up with milk to make 1 cup

Interesting techniques: grate the orange rind before juicing it, use the small holes on the grater, grate the rind without the bitter white pith – rotating the orange as you go. Cutting orange for juicing.

Numeracy question: This recipe makes 36 pancakes. If you want to make 72 pancakes and you bought a dozen eggs, how many eggs do you have left after making the pancakes.