



Coconut Pancakes with Poached Strawberries

Season: Winter/Spring
Type: Sweet Dishes
Difficulty: Easy

Serves: 30 tastes in the classroom
or 6 serves at home

Fresh from the garden: eggs, strawberries

Recipe Source: Adapted from an original recipe by Michelle Lawton

Poaching strawberries brings out their natural sweetness, and the spices used in this dish bring a whole new dimension to the beautiful fresh berry flavour. Make sure your pancakes are light and fluffy by whisking really well. Once you know how, you can have pancakes with poached fruit of any season.

Equipment:

metric measuring cups and scales
non-stick frying pan
2 wooden spoons
3 medium bowls
sifter
whisk
tea towels
chopping board
kitchen knife
heatproof jug
large non-stick frying pan
pastry brush
egg flip
serving plate for each table

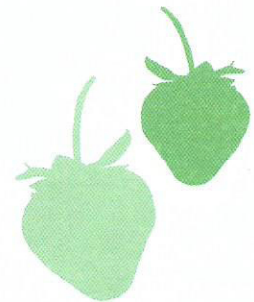
Ingredients:

For the pancakes:

1/2 cup shredded coconut
2 cups self-raising flour
1/3 cup castor sugar
1 cup reduced-fat milk or regular milk
1/4 cup reduced-fat or regular cream
3 eggs
melted butter, for greasing

For the strawberries:

1 cup water
1/2 cup honey
1 star anise
1 cinnamon stick
500 g strawberries



What to do:

- Place the coconut in the smaller non-stick frying pan over medium heat and cook, stirring often, for 3 minutes or until golden. Transfer to a medium bowl.
- Sift the flour over the coconut. Stir in the sugar, then make a well in the centre.
- Whisk the milk, cream and eggs together in a bowl. Add to the flour mixture a little at a time and stir, drawing in a little flour at a time to make a smooth batter.
- Hull and halve the strawberries.
- Place the water, honey, star anise and cinnamon stick in a medium saucepan. Stir over a low heat until the honey melts. Increase heat to high and bring to the boil. Boil uncovered for 10 minutes or until the syrup reduces and thickens slightly.
- Remove from the heat and stir in the strawberries. Allow to sit for 2 minutes, then strain the syrup into a heatproof jug.