

Tinned Fruit Pancakes

These are yummy, puffy pancakes - sometimes known as drop scones - made with a touch of spice and ready for whatever toppings you want to add.

Makes: 12 pancakes (serves 3-4) Time: approx. 20 minutes total

Ingredients

400g tin of pears or peaches, drained

2 tbsp sugar

225g self-raising flour (see substitutions)

1 ½ tsp baking soda

1 tsp ground ginger

½ tsp ground cinnamon

pinch of salt

1 tbsp veg oil, plus extra for frying

125ml milk

50ml water



Serving ideas:

Yoghurt & fresh fruit

A little syrup, jam or sugar

Lemon juice & sprinkled sugar

Substitutions (in case you don't have all the ingredients)

No self-raising flour? Use plain flour with a rounded teaspoon of baking powder mixed through it.

No ground ginger? Increase the cinnamon to one teaspoon.

Not enough tinned fruit? If it's in juice, keep that and blend it into the fruit. Add more milk, and a little more sugar and spice to keep a nice flavour.



5. Using a big metal spoon, spoon in portions of the mixture until you have good-sized pancakes. We like ours with about three spoonfuls.



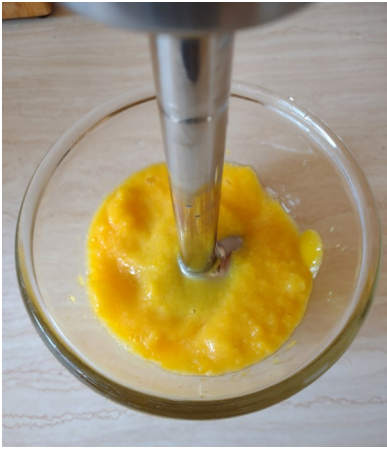
6. Spoon in more pancakes until your pan is full, leaving them a bit of room to spread. We normally get three at a time in our pan.



6. Reduce the heat to low so that the pancakes don't burn. Cook them on the first side until tiny bubbles start to pop on the surface. Then, using a fish slice, turn them over gently.



8. Cook on the second side for around 3 minutes. They may brown quicker than this but we want to make sure the flour inside is cooked. Move onto waiting plates or into a warm oven while you make the rest. Add toppings and serve!



1. Tip the drained fruit into a small bowl or jug. Add the sugar and blend to a smooth, fruity sauce.



2. Measure the flour, baking soda, spices and salt into a separate mixing bowl and stir with a fork or whisk until well mixed.



3. Make a well (a dip or hole) in the middle of the dry ingredients and pour in the fruit sauce, milk, water and oil. Beat thoroughly with your fork or whisk until you have a smooth batter.



4. Drizzle a little oil into a frying pan over a medium heat. When hot enough, the oil will run around the pan easily.

© Signpost International SCIO—2021

Recipe info

Estimated cost of ingredients

£1.87 (before toppings)

Estimated cost of fuel for frying:

20 minutes on gas hob (medium heat) = 0.08kWh **1.4 pence**

20 minutes on electric hob (large ring) = 0.4kWh **7.3 pence**

These numbers will depend on your appliance and your energy tariff.

Nutritional Information (per 100g):

Energy: 236 kCal **Protein:** 4.8g

Fat, total: 6.3g **Carbs:** 38.1g

This collection of recipes has been created by staff and volunteers at The Roundhouse Community Kitchen in Dundee. We turn unwanted food into tasty meals that support people when they need it. We want to encourage a love of great, home-cooked food, to nourish bodies, save pennies and share skills.

We'd love to see what you've been whipping up in your kitchen. Share photos, tips and questions with us on facebook or Instagram.

We are @roundhousekitchen

Enjoy your kitchen!

© Signpost International SCIO—2021

