



POACHED BERRIES WITH EASY PANCAKES



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Preparation 20 mins | Cooking 20 mins | Serves 4

Poached berries:

125g blueberries
250g small strawberries, hulled and halved
1 tbs maple syrup

Easy Pancakes:

1¼ cups milk
2 tbs lemon juice
1⅓ cups plain flour
¼ cup caster sugar
3 tsp baking powder
½ tsp bi-carbonate of soda
2 free-range eggs, lightly beaten
30g melted butter
thick vanilla yoghurt or ice-cream, to serve

STEP 1 To make the poached berries, combine berries and maple syrup in a small saucepan. Gently bring to the boil over medium heat and simmer for 1 minute. Remove from heat, transfer to a heatproof bowl and chill until ready to serve.

STEP 2 To make pancakes, whisk milk and lemon juice in a jug. Stand for 5 minutes. Combine flour, sugar, baking powder and bi-carbonate of soda in a large bowl. Mix to combine. Make a well in the centre of the dry ingredients. Add the eggs, butter and the milk mixture. Whisk until smooth.

STEP 3 Heat a large frying pan over medium-low heat. Brush with melted butter to grease. Cooking pancakes in batches, pour ¼ cup batter per pancake into the pan and cook for 2 minutes or until bubbles appear on the surface. Turn and cook for a further 1-2 minutes until golden and cooked through. Keep pancakes warm in between cooking batches.

STEP 4 Serve pancakes with the poached berries and thick vanilla yoghurt or ice-cream.



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