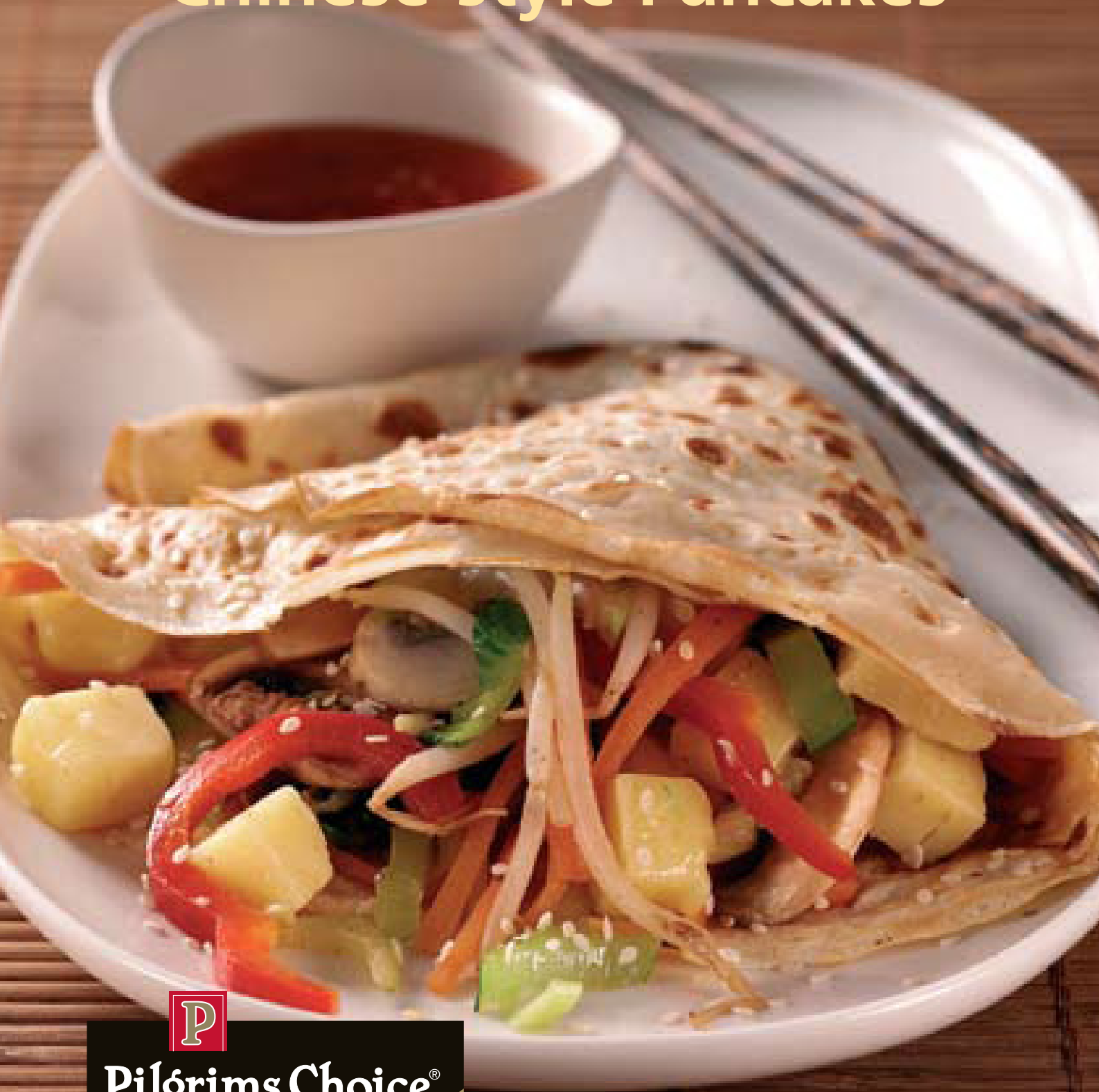


Choice Chinese-style Pancakes



Pilgrims Choice®

It's all about the cheese

Choice Chinese-style Pancakes

Nutritious and tasty, these savoury pancakes will go down a treat!

Serves 4

Suitable for vegetarians

100g (4oz) plain flour

Pinch of salt

1 large egg

300ml (1/2 pint) milk

2 tbsp vegetable oil

100g (4oz) bean sprouts

100g (4oz) mushrooms, sliced

2 heads pak choi, roughly chopped

1 carrot, sliced into fine strips

1 red or yellow pepper, deseeded and sliced into fine strips

1 tsp Chinese 5-spice powder

150g (6oz) Pilgrims Choice Mature Cheddar cheese, cut into small cubes

2 tsp sesame seeds

1 Sift the flour and salt into a large bowl. Add the egg and milk and beat with a wire whisk to make a smooth batter.

2 Add a few drops of oil to a pancake pan or heavy-based frying pan. Pour in a thin stream of batter, tilting the pan so that the batter flows evenly across the surface. Cook over a medium heat until set, then flip over to cook the other side. Cook 4 large or 8 small pancakes altogether, keeping them in a warm place.

3 Heat the remaining oil in a wok or large frying pan, then add the bean sprouts, mushrooms, pak choi, carrot and red or yellow pepper. Stir-fry for 3-4 minutes until the vegetables are cooked, yet still crunchy. Stir in the Chinese 5-spice powder.

4 Add the cheese cubes to the stir-fry mixture, then use this to fill the pancakes. Fold them into triangles or roll them up. Arrange them on warm plates and serve at once, sprinkled with sesame seeds.

Cook's tip: To save time, use a 300g bag of fresh ready-prepared stir-fry vegetables.



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