

Secrett's Kale Pancakes

WITH MELTING STILTON CENTRES

We made these pancakes with our Tuscan Kale aka Cavola Nero but you can also use curly kale. You must remove the fibrous centre vein. Blended into the pancake batter the kale gives these pancakes a glorious green colour and nutrition kick. A perfect backdrop to rich creamy stilton. Try making mini versions of these for canapes and top with stilton and chilli jam.



Ingredients

50g White Spelt Flour
1 tsp Baking Powder
1 tsp Maldon sea salt
2 large eggs, beaten
100ml milk
8 - 10 kale leaves, centre vein removed
120g stilton, crumbled
butter, for cooking
Chilli jam (1 spoon for each plate - put jar on table for top ups)
Serve with a small side salad of wild rocket and tomatoes dressed in olive oil & red wine vinegar

Method

- Sieve the flour, baking powder and salt then stir to combine.
- Break the eggs into a blender jug, add the milk and blend.
- Add the flour mix and kale and blend until you have a smooth batter
- Allow the batter to stand while you make the salad and break up the cheese.
- Heat the pan over a medium heat and add the butter in little knobs so it covers the surface.
- Pour 4 circles of batter into the pan.
- When bubbles appear on the surface add a sprinkle of cheese (15g to each pancake) and cover in a small spoon of pancake mix to seal in the cheese. Flip over to cook the other side until golden brown and keep warm whilst you prepare the next batch.
- Repeat the cooking process with the remaining batter.
- Divide the pancakes between plates and add a side salad.

