



COOKSISTER

Waar's 'it lekker? Find out with Farzana Kumandan



PANCAKE TRAY BAKE



Recipe Credit by Farzana Kumandan @sprinklesandspicect

Ingredients
 2 Eggs
 3 tbsp sugar
 3 tbsp soft butter
 1 Cup Cake Flour
 2 tsp Baking Powder
 1 Cup milk
 1 tbsp Vanilla Essence
 A pinch of salt

Method
 Mix all ingredients together until light fluffy, smooth and lump free.
 Line a large rectangle baking tray with baking paper. Add in your Flapjack mixture.
 Top it with fruit of your

choice.
 Sprinkle with cinnamon sugar and bake in a pre-heated oven on 180°C for 25-35 minutes, or until a toothpick comes out clean. Time depends on the thickness of your batter,

SAVOURY PANCAKES



Recipe Credit by Farzana Kumandan @sprinklesandspicect

Ingredients
 2 large eggs, beaten
 500ml milk
 oil, for frying
 2 spinach leaves finally chopped
 ½ red pepper diced
 100g smoked chicken diced
 150g cheddar cheese,

grated
 A generous pinch of salt
Method
 Mix together all ingredients, in a glass bowl, until smooth and lump free.
 Cover with cling wrap and refrigerate for at least a half hour.
 Fry in a flat based pan that's been either grease sprayed or greased with a

teaspoon melted butter.
 Fry until golden on both sides and serve with your favourite toppings.
 If you prefer a thicker pancake add extra flour until it's your desired thickness.

It's flipping lekker

CLASSIC CREPE PANCAKES

Recipe Credit by Farzana Kumandan @sprinklesandspicect

Ingredients
 3 Eggs
 85g Melted Butter
 3 Level tbsp sugar
 1 ½ Cups milk
 1 Cup flour
 Pinch of salt
 ½ tsp baking powder
Method
 Mix together all ingredients, in a glass bowl, until smooth and lump free.

Cover with cling wrap and refrigerate for at least a half hour.
 Fry in a flat based pan that's been either grease sprayed or greased with a teaspoon melted butter.
 Fry until golden on both sides and serve with your favourite toppings.
 If you prefer a thicker pancake add extra flour until it's your desired thickness.

CLASSIC FLAPJACK PANCAKE RECIPE

Ingredients
 2 cups flour
 2 tsp baking powder
 1 tsp bicarb
 A generous pinch of salt
 2 tbsp sugar
 1 ½ cups milk
 2 large eggs
 1 tablespoon vanilla essence
 2 tablespoons butter
Method
 Sift and mix together the dry ingredients in a

large bowl
 Mix together the wet ingredients in a separate bowl
 Mix all ingredients together and allow to rest for a half hour.
 fry 3 tablespoons of batter, on a low to medium heat in a grease sprayed pan 1 egg pan
 Once it starts to bubble, flip and fry the remaining side until golden.
 Enjoy with your favourite toppings.

DIG INTO THESE TASTY PANCAKE TREATS

HELLO Everyone!
 Today we are honouring everyone's favourite, the yummy pancake, or *pannekoek* as we South Africans know it.
 When pancakes are being made, magic fills the air. The smell of warm sweetness fills up the home, and everyone makes their way to the kitchen to ask: "how long before the first one's done?"
 Made with eggs, sugar, butter and milk, this much-loved round treat varies in name, size and texture all around the world.

Versatile

Some make it as a thin airy crepe and others prefer it thicker with a cake-like texture, aka the flapjack.
 The pancake is so versatile it's the perfect dessert but also makes a good breakfast.
 Whether this treat is rolled or stacked up, pancakes can be made savoury or sweet.
 Some of us also celebrate the "*pannekoek tandjie*", that is when your *baba* cuts their first tooth, and the *ouma* asks "*Waar is die pannekoek?*"
 My secret to creating the perfect pancake is firstly to separate the eggs and add the yolks in with wet ingredients.
 The egg whites must be beaten separately (until it resembles soft fluffy clouds) and folded in the batter.
 The second tip is to let the batter rest for at least 20 to



YUM: Classic flapjack pancake

30 minutes.
 This results in the softest, fluffiest, light pancake texture, it just melts in your mouth with every bite.
 To store, let them cool, add some baking paper in between and pop them in the freezer.
 This week I am sharing my favourite pancake and flapjack recipes for you to enjoy.
 For more cooking inspiration, visit my website www.sprinklesandspice.co.za or visit my social media platforms @sprinklesandspicect or Sprinkles and Spice by Farzana Kumandan.
 Happy Baking
 Love, Your Cooksister

CUSTARD AND BERRY DUTCH SKILLET PANCAKE

Recipe Credit by Farzana Kumandan @sprinklesandspicect

Ingredients
 3 eggs at room temperature
 ½ cup milk at room temperature
 1 tsp vanilla essence
 2 tbsp sugar
 ½ cup flour
 1 tsp custard powder
 Pinch of salt
 2 tbsp soft butter
 1 heaped tbsp cinnamon sugar
 (1 level tbsp brown sugar + ¼ teaspoon fine cinnamon)

Method
 Allow the eggs and milk to come to room temperature for at least an hour.
 Preheat the oven and skillet on 220°C for 10 minutes.
 In a blender, whizz together the eggs, milk, vanilla, sugar, flour, custard and salt until smooth and lump free.
 Remove the skillet from the oven and add the butter.
 Allow to melt and sizzle.

Once the butter is completely melted add in the batter.
 Sprinkle over the cinnamon sugar.
 At this stage, the batter will float to the top and the cooking process will start.
 Return to the oven and bake on the bottom rack (away from the element) for exactly 15 minutes until golden brown.



The sides will crisp and puff up completely.
 Remove from the oven, add a drizzle of honey and serve warm.

BANANA PANCAKES (FLAPJACKS)

Recipe Credit by Farzana Kumandan @sprinklesandspicect

Ingredients
 2 Cups Self Raising Flour
 2 thinly sliced bananas
 1 Cup Sugar
 A generous pinch of salt
 2 Eggs
 4 tbsp Butter
 1 Cup Milk
Method
 Mix together all ingredients, except the bananas, in a glass

bowl, until smooth and lump free.
 Cover with cling wrap and refrigerate for at least a half hour.
 Add in the bananas and stir.
 Fry 3 tablespoons of batter, on a low to medium heat in a greased pan, once it



starts to bubble, flip and fry the remaining side until golden.
 Enjoy with your favourite toppings.