

CARDAMOM FLUFFY PANCAKES w CHOCCY SAUCE

My American style pancakes are lightly spiced with cardamom (because yes I will use it everywhere and in everything), stacked up high and then drowned in a crunchy peanut butter, chocolate and maple syrup sauce. That sauce is every bit as delicious as it sounds by the way. I made these pancakes at an event this week and I quite proudly watched people drinking the sauce straight from the pouring jug. In that moment, I felt the same sort of pride I could imagine parents feel when they see their babies walking from the same time.

Recipe Serves: 4 (or more, depending on how big you make them)

W Y N	PANCAKE BATTER	BATTER CONT	CHOC SAUCE
H O E	200 g Self Raising Flour	0.5 tsp Vanilla Bean Powder	130 g Crunchy Peanut Butter
A U E	40 g Golden Caster Sugar	1 Large Eggs	110 ml Maple Syrup
T D	3 Cardamom Pods, ground	280 ml Buttermilk	50 g Milk Chocolate
	0.5 tsp Baking Powder	50 ml Whole Milk	50 ml Whole Milk
	0.25 tsp Salt	Coconut Oil, to grease	Pinch of Sea Salt

- METHOD**
- For the pancakes, pop all the dry ingredients into a bowl. Into a separate bowl, mix together all the wet.
 - Combine the wet and dry ingredients in one bowl using a balloon whisk. Mix until just combined and no visible flour streaks remain. Leave to sit for **at least** 30 minutes. **DON'T IGNORE!**
 - Place a non stick (& non toxic) pan over a medium heat.
 - In the other saucepan, add all the ingredients for the sauce. Gently heat until the chocolate has melted and mix to combine until smooth. Leave on a low heat.
 - Add a spoonful of coconut oil to the pan before using a ladle or jug to pour pancake batter onto the frying pan.
 - Allow the pancake to cook and flip over after a few minutes or until the air bubbles start to appear and let the other side brown.
 - Repeat for all the batter.
 - Transfer the pancakes to serving plates and generously drown in the crunchy peanut butter chocolate sauce.
 - Pop a square of butter on top (optional) and use the blowtorch to gently scorch and serve.