



GARDEN PIKELETS



Serves 8-10

Recipe by Cassie Smith



15 minutes

INGREDIENTS

- 2 Cups SR Flour
- 2 Eggs (lightly beaten)
- 500ml Milk
- 2 tablespoons of vegetable oil or melted butter
- Oil to grease the frypan
- ¼ -½ cup sweet or savoury mix ingredient

DIRECTIONS

1. Add flour to a bowl and make a well
 2. Add the milk, eggs and Melted butter/oil +
 3. (vanilla essence if required)
 4. Gently stir from the inside, slowly combining all ingredients
 5. Mix thoroughly with a whisk to ensure flour is combined
 6. Add your sweet or savoury mixer
 7. Place in a pouring jug
 8. Place your prepared (fixed) frypan on med/high
 9. Grease fry pan with a little oil and wipe around with a paper towel
 10. Pour 5 cm dollops
 11. Wait for a few bubbles to pop and leave visible holes
 12. Then flip, cook until light brown
- Serve with butter if savoury or favourite topping if sweet.



Sundays

with Lucie Cutting

on 936AM and the ABC listen app





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SWEET MIXES INCLUDE

Blueberries
Raspberries
Blackberries
Choc chips
Vanilla essence (1tsp)
Mashed banana
Edible flower petals such as
calendula, cornflower, borage

SAVOURY MIXES INCLUDE

Chives
Spring onions
Parsley
Grated cheese
Carrot
Capsicum
Zucchini

CASSIE'S TIPS

TIP 1

- Fixing the frypan (making a Stainless steel frypan non-stick)
- Place your Stainless Steel frypan on medium heat
- Add one cup of salt
- Move around in pan for about 5 minutes (this will draw out any impurities and leave a nonstick surface)
- Tip salt into a heat resistant bowl (once cooled keep in a jar to use again and again for this purpose)
- Wipe out pan with paper towel
- It is now ready to use
- Remember never place a hot pan in cold water, this will undo this great surface you have created. Allow the pan to cool before soaking or washing.



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TOPPINGS

Jam
Nutella
Cream /Ice-cream
Maple syrup
Honey
Lemon and Sugar

CASSIE'S TIPS

TIP 2

PRACTICE THE FLIPPING TECHNIQUE

- Using a thin egg flipper/spatula (preferably Metal)
- Press the spatula squarely and firmly onto the base of the frypan about 1cm away from the pikelet
- Using a downward force slide the spatula under the pikelet.
- This sounds simple but most children try to flip by aiming for the side of the pikelet.



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