

STRAWBERRY PANCAKES



PREPARATION
60 MINUTES



SERVES
4 PERSONS



NUTRITION FACTS

Per Serving: 295 kcal/ 1 piece

Protein 1.5g; fat 15g; carbohydrates 36; fibers 0g.

CHEFF'S WORDS

Pancake is a dish obtained by baking a thin sheet of dough made from wheat flour, eggs, milk, water and salt, usually round in shape, filled with jam, marmalade, jam, chocolate, sweet cheese or cottage cheese, eaten as a dessert. Filled with salty cheese, meat, vegetables, the pancake sheets can be part of some snacks. Pancakes can be presented on a plate or platter; rolled, folded or wrapped. They can also be prepared with or without greens, finely chopped, as an addition to a beef soup. Pancakes are a Breton specialty, a region in the northwest of France, that quickly became known and appreciated all over the world. They can be both sweet ("crepes") and salty ("galette") and the fillings vary from the simplest (sugar, jam, honey, chocolate) to spectacular and exciting combinations. Originally, the pancakes were served with cider (fermented drink based on apples), later the most spectacular form of presentation of the "crepes Suzette" appeared (pancakes flambéed in liqueur and orange juice).

In France there is even a holiday where pancakes are traditionally served. It is called "La Chandeleur" (February 2, "Day of the Blessed Virgin Mary"). This day became known as "Pancake Day" because tradition calls for offering pancakes. Legend has it that the person who manages to toss a pancake up and catch it in the pan with their right hand while holding a gold coin in their left hand on this day will be blessed with wealth and prosperity for the whole year. There is a celebration of pancakes in England, too: "Shrove Tuesday" or "Pancake Tuesday".

INGREDIENTS

3 eggs
250g plain flour
15g butter
220 ml milk
1 jar of nutella
450-500 g strawberries
100-200 g sugar
5 ml rum
5 ml vanilla

DIRECTIONS

1. To prepare the pancakes, you need 2 bowls: pour the milk, rum, vanilla, sugar and flour into one of them and mix them. In the other mix the eggs and butter. Then mix the two compositions for 2 minutes. Let the dough rest for 15 minutes at room temperature.
2. Grease a pan with absorbent paper dipped in oil. Heat the pan and put a little dough, forming pancakes with a diameter of about 26 cm. Fry on both sides. Serve the pancakes with Nutella and fresh fruit, as desired (strawberries, in this case).