



# ENJOY WOODLAND PANCAKES

5th February 2008



Hens descended from jungle fowl and are therefore instinctively much happier in the shade of trees, exploring hedges, dust bathing and foraging as their ancestors did. At night they relax in quiet warm barns away from predators and enjoy the finest vegetarian diet. Because our hens are happier and healthier they lay top quality eggs, ideal for that special pancake day celebration!

## WOODLAND BLUEBERRY PANCAKES

**Preparation:** 5 mins • **Cooking:** 10-15 mins • **Serves:** 4 (Makes 12)

- 2 large Sainsbury's Woodland Eggs, separated
- 75ml/3fl oz milk
- 100g/4oz self raising flour
- 4 tbsp caster sugar
- Pinch of salt
- 100g/4oz blueberries
- 1 tbsp vegetable oil for frying
- soured cream and maple syrup to serve

1. Place the egg yolks and milk in a large bowl, sift over the flour, caster sugar and salt and mix well. Whisk the egg whites in a clean grease-free bowl until they form soft peaks. Fold into the flour mixture. Gently stir in the blueberries.
2. Heat a little oil in a large frying pan. Drop three to four medium spoonfuls of the pancake mixture into



the hot pan and cook for 2 mins until crisp and golden. Turn over and cook for a further 1 min until golden. Transfer to a clean tea towel to keep warm. Cook the remaining batter in the same way to make 12 pancakes.

3. Serve the warm pancakes stacked up and topped with soured cream and maple syrup.

1P PER DOZEN EGGS SOLD IS DONATED TO THE WOODLAND TRUST

## TRADITIONAL PANCAKES

**Preparation:** 10-15 mins • **Cooking:** 5 mins • **Serves:** 4 (Makes 12-15)

- 1 large Sainsbury's Woodland Egg
- 100g/4oz plain flour (or you could use half plain and half wholemeal flour)
- pinch of salt
- 300ml/½ pint semi-skimmed milk
- 5ml/1 tsp sunflower or olive oil, to grease

**To serve:** 15ml/1 tbsp caster sugar to be divided between all pancakes 1 lemon, cut in quarters

1. Whizz the flour, salt, milk and Woodland egg in the processor or blender bowl until smooth and creamy. Pour this batter into a jug, if time allows, leave to stand for 10 minutes.
2. Heat an omelette or pancake pan on a fairly high heat. Brush with a little oil then lower the heat to medium.
3. Pour in about 30ml/2 tbsp of the batter and quickly swirl the pan until the mixture thinly coats the base. Cook until set and small bubbles appear on the surface. Flip over with a wooden spatula and cook



briefly on the other side, before removing from the pan.

4. Re-heat the pan, brush with more oil and repeat until all the batter is used up. Keep the pancakes warm in a tea towel. Serve rolled up with sugar and lemon.

Alternatively serve with maple syrup, jam or chocolate sauce. To make a more substantial treat fill with slices of fresh fruit eg, kiwi, bananas or strawberries.

## WOODLAND POTATO CAKES WITH SALMON AND SOUR CREAM

**Preparation:** 5 mins • **Cooking:** 10-15 mins • **Serves:** 4 (Makes 12)

- 2 large Sainsbury's Woodland Eggs, separated
- 225g/8oz potatoes, peeled
- 75ml/3fl oz milk
- 100g/4oz self raising flour
- 2 tbsp caster sugar
- Pinch of salt
- 1 tbsp vegetable oil for frying
- Smoked salmon, soured cream and sprigs of dill to serve

1. Cook the potatoes in a large pan of boiling salted water for 5 mins. Drain, rinse in cold water and coarsely grate. Place the egg yolks and milk in a large bowl, sift over the flour, caster sugar and salt and mix well. Whisk the egg whites in a clean grease-free bowl until they form soft peaks. Fold into the flour mixture. Gently stir in the potatoes.
2. Heat a little oil in a large frying pan. Drop three to four medium spoonfuls of the pancake mixture into the hot pan and cook for 2 mins until crisp and



golden. Turn over and cook for a further 1 min until golden. Transfer to a clean tea towel to keep warm. Cook the remaining batter in the same way to make 12 pancakes.

3. To serve, heap the warm pancakes onto a plate top with slices of smoked salmon and soured cream. Decorate with a sprig of fresh dill if liked.

**SEND IN YOUR OWN PANCAKE DAY RECIPES BY CLICKING IN THE "RECIPE SECTION" OF WOODLANDEGGS.CO.UK, THE BEST ONES WILL POSTED ON THE WEBSITE**

