

lemonpancakeswithcaramelisedapplesincalvados



Serves 6

Ingredients

PANCAKES

- 250 g (10 oz) plain flour
- pinch of salt
- 3 medium, fresh, free-range eggs
- 1 lemon, zested
- 25 g (1 oz) caster sugar
- 400 ml (14 fl oz) whole milk
- 100 g (4 oz) unsalted butter, melted and cooled

CARAMELISED APPLES

- 150 g (6 oz) caster sugar
- 100 ml (3.5 fl oz) Calvados
- 150 g (6 oz) sultanas
- 2.5 ml ($\frac{1}{2}$ tsp) ground cinnamon
- 25 g (1 oz) unsalted butter
- 6 Granny Smith apples, peeled, cored and cut into 8 wedges

TO SERVE

- 300 ml (10.5 fl oz) crème fraîche or double cream
- Icing sugar for dusting

Method

- 1 Sieve the flour and salt into a bowl and make a well in the centre.
- 2 Pour in the eggs, lemon zest, sugar, milk, and 50 g (2 oz) of the melted butter, and whisk together to produce a smooth batter the consistency of double cream. Allow the batter to stand at room temperature for about 30 minutes.
- 3 Meanwhile, make the caramelised apples. Place the sugar, Calvados, sultanas and cinnamon in a heavy-based pan over a gentle heat and simmer for 2-3 minutes until thickened and syrupy.
- 4 Toss the butter and apples through the syrup and gently cook for 7-8 minutes, stirring occasionally, until the apples have softened but still hold their shape.
- 5 Heat a 20 cm (8") crêpe pan over a medium heat and brush a little of the remaining melted butter over to just coat. Whisk the batter up just before use. Pour a small ladleful of the batter onto the pan and swirl the pan to spread the batter out evenly. Fry the pancake for 1-2 minutes each side until golden. Drizzle a little melted butter on the uncooked side, before tossing to turn over. Slide the cooked pancake onto a piece of greaseproof paper. Repeat to make 12 in total.
- 6 Place a spoonful of the apple mixture down the centre of each pancake and a dollop of crème fraîche on top. Fold the pancake over to enclose and dust with icing sugar. Serve 2 pancakes per person.

pancakes

pancakescience

- If you suffer from burnt or uneven pancakes, here's what to try. Go back to basics – you can't make a good pancake without a good pan. The secret's in thermal conduction, or how well your pan distributes heat across the whole of its surface. A good pan will prevent the centre of your pancake burning while the edges stay raw. Metals like copper are best for this, but watch out for copper handles that aren't insulated – it's easy to cook your hand along with the dinner!
- Just from the colour of the yolk of an egg, you may be able to work out something about the diet of the hen that laid it. A hen fed yellow corn will lay eggs with a deeper coloured yolk, while a diet of barley or wheat makes for a lighter shade. Adding marigold petals to a hen's diet will darken the yolk.
- And another colourful fact about eggs – you can tell what shade of eggshell a hen will lay by looking at her ear tufts, the feathers that grow out of her earlobes. The shell's colour is down to how much pigment she produces, which depends on the breed. So if a hen has red ear tufts, her eggs will be brown; white ear tufts mean white eggs.

pancakehistory

- The origins of Crêpes Suzette – the citrus-flavoured pancake dessert which is set on fire just before serving – are unclear. But the fiery pudding may have been developed by French chef Henri Charpentier. He made the dish a hit in the USA after emigrating there in the 1930s.
- Pancake Day or Shrove Tuesday is the last day before the Christian fasting period of Lent. The Lenten rules forbid the eating of all dairy products during the fast, so pancakes were a great way of emptying the larder and using up eggs and fats.
- The forerunner to Jif Lemon was invented in Britain in the 1950s by Stanley Wagner. After finding out that huge amounts of juice went to waste when lemon oil was produced, he joined forces with a plastic company to sell juice in the characteristic fruity container. The product – called Realem – was advertised with the slogan 'juice in a jiffy'. Six million were sold in just eight months before Stanley sold the company.