

Preparation Time: 15mins total

Cooking Time: 8-10 mins

Makes: 25

Difficulty: Easy

INGREDIENTS

Pikelet Ingredients

1 cup self-rising flour ½ teaspoon bicarb/baking powder Small amount of spring onion or chives chopped

1 egg

3/4 cup milk

Sea salt and fresh ground pepper

1 teaspoon white vinegar

15 grams melted butter and a little extra for frypan.

Variation:

Add sautéed shallots – cook until almost crispy

Topping

Smoked salmon Fresh dill Crème fraiche – can substitute for sour cream Capers

Variation:

Prosciutto instead of salmon Goats cheese instead of crème fraiche

DIRECTIONS

Pikelets

- 1. Sift flour and bicarb/baking soda into a medium to large size bowl.
- 2. Create well in the center, add the egg, and gradually stir in the milk with a fork or whisk until there are no lumps.
- 3. Stir in the vinegar.
- 4. Stir in the melted butter.
- 5. Add spring onion, seas salt and pepper
- 6. On a medium heat stove, melt a very small amount of butter into a large frypan. Wipe the frypan out with paper towel. This cures the pan to prevent sticking, even for non-stick pans.
- 7. Cook your pikelets in batches. Place on a plate to cool.

Dressing Pikelets

Dollop of crème fraiche, top with salmon, sprig of dill and sprinkle a couple of capers.