

Blueberry pancakes.

Serves: 4 (Makes 12)

Cooking time: 10-15 minutes

Ingredients

2 Church & Manor hen eggs

75ml/3 floz milk

100g/4oz self raising flour

4 tbsp caster sugar

pinch of salt

100g/4oz blueberries

1 tbsp vegetable oil

soured cream and maple syrup

Method

1. Separate the eggs and 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 minutes until crisp and golden. Turn over and cook for a further 1 minute 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.

