

Savoury Pancakes



Serves	2-3
Prep time	30 minutes
Cook time	30 minutes
Total time	1 hour
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	Amines Challenge , RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet - High Chemical , RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet – Very High Chemical
Meal type	Lunch , Main Dish , Savoury Snack
Misc	Child Friendly , Pre-preparable , Serve Hot

Ingredients

For the pancakes:

- 110g plain white flour
- pinch salt
- 1 egg
- 140ml milk
- Sunflower oil, butter or Nuttelex

For the white sauce:

- 25g butter or Nuttelex
- 25g plain white flour
- 225ml milk

For the white sauce: (Optional)

- 100g mild yellow cheese

For the filling:

- 3 spring onions (finely sliced)
- 100g cooked chicken (roughly chopped or shredded)
- 100g cooked potatoes (roughly diced)
- 100g cooked swede (roughly diced)

For the filling: (Optional)

- 100g preservative-free ham (roughly sliced)
- Any other filling ingredients you like

Directions

For the pancakes:

1. Sift the flour and salt together into a large bowl.
2. Whisk together the egg and milk in another bowl then slowly pour into the flour and whisk until smooth. Set aside.

For the white sauce:

3. Melt the butter in a small saucepan then add the flour and whisk for one minute while cooking.
4. Gradually add the milk, whisking continually to remove any lumps. Bring to the boil while stirring then reduce to a simmer. Allow to thicken then stir in the cheese (optional). Set aside.

To cook:

5. Heat a 20cm frying pan until hot, then add a small amount of oil/butter/Nuttelex and swirl around to coat the surface. Add about 1/4 cup of the pancake batter and tilt the frying pan to spread over the base. Cook the pancake for about 30 seconds, or until the underside is golden brown, then flip over.
6. Sprinkle the filling ingredients over one side of the pancake, then drizzle with the white sauce.



7. Fold the pancake in half then transfer to a warm serving plate and cover with foil while cooking the remaining pancakes (makes about 6 pancakes).



Note

Low Chemical / Failsafe, High/Very High Amines

If the cheese (high to very high amines) and ham (very high amines) are left out this recipe is low chemical.

Use any allowed vegetables and meats in the filling. Fillings can also be varied for each person's dietary requirements. We added a few sun dried tomatoes to Oscar's base pancake when making them for ourselves.