

Apple maple pancakes with blackberry compote

Makes 18–20

Preparation 20 mins

Cooking 20 mins

2 red-skinned apples

1 tablespoon maple syrup

½ teaspoon ground cinnamon

2 teaspoons butter

150 g (5 oz) plain flour

½ teaspoon baking powder

pinch of salt

50 g (2 oz) caster sugar

175 ml (6 fl oz) milk

2 large eggs, separated

maple syrup, to serve

Blackberry compote

300 g (11 oz) blackberries or blueberries

1 tablespoon caster sugar

It's such a shame that for many of us the only time we turn our hands to pancakes is on Shrove Tuesday because they are among the simplest and most satisfying things to make. I bet you've been tempted by high street crêperies, offering a range of buckwheat pancakes, or enjoyed Russian blinis served with caviar and soured cream, or bao bing, the thin Chinese pancakes we love to eat with shredded duck. One of my favourites when skiing in Austria is *kaiserschmarren* – rich shredded pancakes served with plum compote. Whatever you fancy, there's a pancake for you. For this pancake treat, you can use blueberries if blackberries are unavailable.

- ▶ Make the compote first. Place the blackberries in a small pan. Add the sugar and cook over a low heat until tender and juicy. Remove from the heat.
- ▶ Core but do not peel the apples, and slice into rings no thicker than a £1 coin. You will need at least 18–20 slices. Place in a bowl, add the maple syrup and cinnamon and mix to coat.
- ▶ Melt half the butter in a large frying pan over a medium heat. Add half the sliced apples and cook for 30–60 seconds, until starting to soften. Remove from the pan and cook the remaining apple slices. Wash and dry the frying pan.
- ▶ Sift the flour, baking powder and salt into a medium-sized bowl. Add the sugar and mix to combine. In a jug whisk together the milk and the egg yolks, pour this into the dry ingredients and mix to make a smooth batter. In a clean bowl whisk the egg whites until they will just stand in stiff peaks. Gently fold into the batter.
- ▶ Lightly grease the frying pan with a little of the remaining butter and place over a medium heat. Arrange four apple slices in the pan, 4–5 cm (1½–2 inches) apart and spoon 1 rounded tablespoon of batter over each slice. Cook until small bubbles appear on the surface of the pancakes and their undersides are golden brown. Flip the pancakes over with a palette knife and cook for a further minute. Transfer to a plate and keep warm while you cook the remaining pancakes in the same way. You may need to wipe the pan clean with kitchen paper after each batch.
- ▶ Serve the warm pancakes with the blackberry compote spooned over and a generous glug of maple syrup.