

SAVOURY LAMB PANCAKE

Gluten Free Dairy Free
Low Chemical

Makes 4

Ingredients:

1 box Orgran Buckwheat Pancake mix
200ml rice milk
250ml water
3 eggs
Nuttelex for cooking
1 clove garlic, crushed
¼ cup chopped chives
¼ tsp saffron threads steeped in 50ml hot water

400g lamb backstraps
½ a leek, finely chopped
1 cup finely chopped purple cabbage
2 shallots, diced
2 Brussel sprouts, finely sliced
1 small choko, peeled and sliced into thin slivers
Suitable cooking oil (rice bran oil)

Method:

Pancake

- Preheat the oven to 80°C to keep the pancakes warm once cooked
- In a small fry pan, fry the garlic and chives in Nuttelex for about 1 minute; set aside
- To a mixing bowl, add the pancake mix, water, rice milk, eggs and saffron & water.
- Whisk until you have a smooth batter, then stir through the chives and garlic
- Cook the pancakes. Melt some Nuttelex on the flat griddle pan and spread about a half cup of pancake mixture thinly over the surface. (~23cm or 9 inches diameter)
- Flip to brown the second side and then place on baking paper in the oven to keep warm. Repeat until the mixture is finished.

Meat & Vegetables

- Cook the lamb backstrap for about 4 minutes on each side, rest and then finely slice
- Stir fry leek, cabbage, shallot, choko and Brussel sprouts in oil for about 6 minutes
- (If using the hummus, spread this on one side of 4 pancakes)
- Put one quarter of the meat down the middle of each pancake
- Add enough vegetables so the pancake can still roll up. Roll the pancakes
- Serve excess vegetables on the side.

Hint:

Freeze extra pancakes to use later. They can be frozen with baking paper between each.
<http://www.organ.com/products/buckwheat-pancake-mix/>



Good accompaniment if desired:- suitable hummus

<https://glutenfreenutrition.com.au/lupin-kibble-hummous-gf-df-low/>

See ***lupin kibble hummus*** recipe: Low chemical recipes, free from gluten/wheat and dairy foods, condiments & dips