

Bourbon Berry Pancakes

Yay for Pancake day, Shrove Tuesday, Fat Tuesday, Mardi Gras, which ever you prefer. Pancakes are such a wonderful vessel for experimentation, sweet or savory, breakfast or dessert, healthy or indulgent.

This is my little nod to the Mardi Gras festivities on Bourbon street. Not one for the kids, blackberries bathed in bourbon are a perfect combination nestled inside fluffy pancake envelopes and topped with a sugar crackling.

I have a nostalgic soft spot for Aunt Jemima's pancake mix, so that is the batter I have used here. Feel free to tut and disapprove, and use your favourite batter or recipe. If you have a great from scratch recipe I'd love to try it.

Makes about 6

Ingredients

8 oz fresh blackberries

1 apple, you can omit the apple and double the blackberries or add in 8 oz of raspberries

Pancake mix

1 egg

3/4 cup milk

2-3 tbsp bourbon

1/2 cup maple syrup

1/4 cup sugar

cooking oil

butane torch

8 inch frying pan

Peel and core the apple, dice it into 1/4 inch pieces. Place the apple and 1 tbsp of water into a saucepan on a medium heat, put the lid on and gently cook until just tender, about 7 minutes. Remove from the heat and drain any liquid, add the washed blackberries and pour over the bourbon, replace the lid and leave to macerate while you prepare the batter.

In a jug or bowl, mix together 1 cup of pancake mix, 1 egg and 3/4 cup of milk. Beat until all the lumps are gone. You may need to add a splash more milk, this recipe works best the batter is a little runnier and the pancakes aren't overly thick.

Heat a little oil in the pan over a medium flame, coat the entire surface, I pour out any excess. Ladle in some of the batter, roughly 1/4 cup and swirl it around so it covers the bottom of the pan in a nice even thinnish layer. Watch and wait for the bubbles to form and pop before flipping the pancake over. You want it to be cooked, but still rather pale. Cook for a few more minutes on the other side. Slide onto a plate and fold in half. Repeat until the batter is gone.

Pour half of the bourbon from the fruit into a glass, and some apple juice and ice if you like, and you have a tasty cocktail!

Douse the fruit in maple syrup, spoon the mixture into the each of the folded pancakes. Sprinkle with sugar and use the torch to caramalise it. Repeat the sugar/ carmaelisation until you have the desired crust.

Enjoy F.

