

# XCentric Ideas

## Pancakes .. Or Crepes?



Photo by: <https://www.leaf.tv/articles/how-to-freeze-crepes-and-reheat-them/>

### History of Crepes

The word **crêpe** is French for pancake and is derived from the Latin *crispus* meaning "curled". **Crêpes** originated in Brittany (fr. Breton), in the northwest region of France, which lies between the English Channel to the north and the Bay of Biscay to the south. **Crêpes** were originally called *galettes*, meaning flat cakes.

Thin rounds (left)... in South Africa we know it as Pancakes ... elsewhere it's known as **Crepes**.

Smaller thicker rounds (right) ... in South Africa we know it as Flapjacks / Crumpets ... elsewhere it's known as **Pancakes**.

### History of Pancakes

The ancient Greeks and Romans ate **pancakes**, sweetened with honey; the Elizabethans ate them flavoured with spices, rosewater, sherry, and apples. They were traditionally eaten in quantity on Shrove Tuesday or Pancake Day, a day of feasting and partying before the beginning of Lent.



Photo by: <https://www.pexels.com/u/brigitte-tohm-36757/>

# Gluten Free Pancakes!



Photo by: Alma Pretorius

## Coconut Flour Pancake

*Recipe Notes: **Both cow and coconut milk** work well in this recipe. You can also add cinnamon or fruit as desired. Just keep the pancakes small and watch them so they don't burn.*

4 large eggs, room temperature  
1 cup milk  
2 tsp vanilla extract  
1 tbsp honey or a pinch of stevia  
½ cup coconut flour  
1 tsp baking soda  
½ tsp sea salt  
coconut oil or butter for frying

Preheat griddle/pan over medium-low heat. In small bowl beat eggs until frothy, about two minutes. Mix in milk, vanilla, and honey or stevia. In medium-sized bowl combine coconut flour, baking soda, and sea salt and whisk together. Stir wet mixture into dry until coconut flour is incorporated.

Grease pan with butter or coconut oil. Ladle a few tablespoons of batter into pan for each pancake. Spread out slightly with the back of a spoon. The pancakes should be 5 - 7 cm in diameter and fairly thick. Cook for a few minutes on each side, until the tops dry out slightly and the bottoms start to brown. Flip and cook an additional 2-3 minutes. Serve hot with butter, coconut oil, honey, syrup, or fruit.

Recipe: [Recipe: http://www.nourishingdays.com/2010/07/fluffy-coconut-flour-pancakes/](http://www.nourishingdays.com/2010/07/fluffy-coconut-flour-pancakes/)



Photo by: Alma Pretorius

## Banana Pancake

1 banana      1 large egg  
Pinch of salt      oil

Mash the banana in a bowl. Add the egg and whisk till smooth. Add salt. Heat oil in pan, pour in the mixture. Let it cook at the bottom, note when the top isn't 'wet' any more and flip. Serve.

Recipe: <http://j3nn.net/blog/2013/03/01/two-or-three-or-four-or-more-ingredient-pancakes/>

## Oats Pancake

30 g Jungle Oats  
1 x-large egg

Heat pan with spray & cook (olive oil). Mix the oats & egg. Pour into pan, after few minutes flip over, bake till done.

Recipe: *my Planet Fitness Aqua friend, Beverley.*



Photo by: Alma Pretorius

# Snack a Pancake

## Pancake quesadilla



8 pre-made pancakes  
2 red bell peppers, chopped into small pieces  
140g Red Leicester cheese (or other cheese), grated  
4 tbsp chopped fresh coriander  
Guacamole  
Refried beans  
Lettuce, sliced

Heat oven to 180 °C. Place 4 pancakes on baking sheet. Scatter the peppers, cheese and coriander over 4 pancakes. Season well and cover each pancake with another pancake to make a sandwich. Place the quesadilla pancakes on baking sheets and cook for 5 mins in the oven until the cheese starts melting (you may need to do this in batches). Serve with guacamole, refried beans and sliced lettuce.

*Recipe (part of recipe) and photo:*  
<https://www.bbcgoodfood.com/recipes/quesadilla-pancakes>



## Pancake wrap

Pancakes  
Sour cream  
Ricotta  
Baby spinach, chopped  
Scallions (onions), chopped  
Fresh mint  
Toasted pine nuts

Mix ricotta, spinach, scallions, mint and pine nuts in a bowl, season to taste with salt and black pepper. To assemble the pancakes, spread a little sour cream on each pancake, top with a tablespoon of filling then add a splash hot sauce along with a few extra baby mint leaves and finely sliced spring onion, roll up and enjoy!

*Recipe and photo:*  
<http://www.whatkatieate.com/recipes/buckwheat-pancakes-with-spinach-ricotta-and-pine-nuts-sour-cream-and-hot-sauce/>



## Pig in a pancake blanket

Small pancakes, warmed  
Cocktail sausages /  
cooked Boerewors sausages, cut  
Toothpicks  
Dipping Sauce / Syrup

Place warmed sausage on pancake, secure with toothpick and serve.

Serve on platters for your next party or at a picnic. Kids would love to nibble on these.

*Recipe and photo:*  
<http://www.acozykitchen.com/pigs-in-a-blanket/>

# Panchiladas or Pannelloni

## Pancakes

2 chicken breasts, cooked and shredded  
1-2 tbsp jalapeno peppers, sliced  
2 roasted red bell peppers, chopped  
200g spicy tomato sauce  
75g grated Cheddar  
chopped coriander, to serve

In a large bowl, mix together the shredded chicken, jalapeno and roasted peppers and tomato sauce. Once cooled, divide the chicken filling between the crepes and roll up. Put in an ovenproof dish, top with grated cheese and bake at 180 °C for 8-10 minutes, until golden and bubbling. Serve scattered with coriander.

**Note: Instead of chicken, use cooked mince / vegetables.**



*Recipe and photo:*  
<http://www.goodtoknow.co.uk/recipes/542180/panchiladas>

# Pancake parcels



Pancakes  
Leek / Spring Onions / Chives  
Filling of your choice  
Sauce of your choice

Fill warm pancakes with filling, tie carefully with leek and spring onion ribbons / chives and serve with a sauce.

*Recipe and photo:*  
<http://www.dailymail.co.uk/femail/food/article-2102735/Let-eat-pancakes-Smoked-salmon-cream-cheese-parcels.html>

# Pancake Lasagna

*Use your own lasagna recipe for this:*

Pancakes  
Round oven dish  
Lasagna mixture (can be meat / fish / chicken / veggies), cooked

White sauce  
Cheese, grated

Start with a pancake at bottom of dish. Layer lasagna mixture, white sauce and cheese. Repeat layers and end with white sauce and grated cheese.

Bake at 190 °C for about 20 – 30 minutes.

Serve with a crisp green salad.



*Recipe and photo:*  
<http://www.tasteofhome.com/recipes/pancake-lasagna>

# Pancake to impress guests...



## Pancake sausage bread pudding

butter for the pan  
8 cups pancakes cut into quarters before measuring (any pancake will work in this recipe)  
2 cups milk (any milk will work)  
1/3 cup maple syrup (optional)  
1/2 tsp vanilla extract (optional)  
2 large eggs  
1 cup cooked sausage patties in crumbles or chopped / cooked veggies

Preheat oven to 200 °C. Butter a bread loaf pan. In large mixing bowl, combine milk, maple syrup, vanilla (omit syrup and vanilla if you want), eggs. Whisk briefly until just combined.

Add pancake quarters to mixing bowl. Use your fingers to massage mixture until pancake quarters are thoroughly soaked. Gently place soaked pancake quarters in pan, one layer at a time. Sprinkle sausage in between each layer. As you go, fill in gaps with small chunks of pancake. When you're finished, pour any remaining liquid slowly and evenly over the top.

Place pan in oven. Bake for 15 minutes at 200 oC, then turn oven down to 150 oC & bake another 30 minutes. The bread pudding is done when the top is springy, and the centre is not liquid. Remove from oven and cool on a rack for 30 minutes.

Serve slightly warm, or let cool to room temperature, then refrigerate. Also tastes wonderful chilled.

Recipe and photo: <https://recipeforperfection.com/pancakes-sausage-breakfast-bread-pudding/>

## Savoury Crepe/Pancake Cake



*This is just an idea ...  
find the full recipe at the  
link below*

Spring form cake pan  
Thin pancakes (crepes)  
White sauce  
Filling of your choice  
Cheese, grated

Cut your pancakes to fit into your spring form cake pan. Start with a pancake, top with white sauce, filling and cheese.

Repeat layers and finish with white sauce and cheese.

Bake in oven at 190 °C for about 30 minutes. Remove from the oven, let it rest for 5 - 10 minutes, before you slice it.

Serve with a crispy green salad.

Recipe and photo: <http://cookswithcocktails.com/spinach-and-ham-savoury-crepe-cake/>

# Sweet things

## Blueberry pancake French toast pudding

15 small pancakes  
(flapjacks / crumpets)

6 large eggs  
1 and ½ cups milk  
1 cup heavy cream  
½ cup sugar  
1 tbsp vanilla  
½ cup flour  
¼ cup brown sugar  
½ tsp cinnamon  
¼ tsp salt  
¼ cup butter, sliced at room temperature  
1 cup blueberries (or other fruit)  
Powdered sugar  
Maple syrup



Slice pancakes in half. Arrange in baking dish in to rows with flat side down. Pour blueberries over pancakes. In a bowl, whisk together eggs, milk, heavy cream, sugar, and vanilla. Pour egg mixture over pancakes. Mash together flour, brown sugar, cinnamon, salt, and butter until a crumble forms. Sprinkle over pancakes. Chill overnight, or for at least two hours. Preheat oven to 180 °C and return pan to room temperature. Bake for 50-60 minutes. Allow to cool. Serve with powdered sugar & maple syrup.

*Recipe and photo:*  
<http://rachelschultz.com/2014/05/27/blueberry-pancake-french-toast/>



## Pancake trifle

Pancakes  
Custard / Greek Yogurt  
Fresh fruit  
Honey / Syrup  
Nuts

Layer individual glasses with pancakes, custard / Greek Yogurt and cut up fruit.

Decorate the top with Greek Yogurt and drizzle with honey or syrup and nuts.

*Recipe and photo:*  
<http://www.onedishaway.com/berry-pancake-trifle/>

## Baklava pancakes



Pancakes

Baklava Spread

**Baklava Spread (makes ½ cup):**

½ cup of mixed nuts  
2 tbsp honey  
1 tbsp brown sugar  
1 tsp of cardamom powder  
1 ½ tsp of cinnamon  
1/3 tsp of orange or tangerine zest (optional)  
1/3 cup water

Toast the mixed nuts on a pan for a few minutes. In a food processor or with mortar-pestle crush the toasted mixed nuts.

In a small saucepan warm the honey with water, spices, and brown sugar. Add the crushed mixed nuts and heat the mixture until it is the consistency of chutney. You can add more water and/or sugar if you prefer syrup consistency.

Layer pancakes with Baklava spread .. Top with fresh fruit and/or Greek Yogurt.

*Recipe and photo:*  
<https://thelittleapron.me/2016/10/01/baklava-greek-yogurt-pancakes/>



# Dessert



## Rainbow Pancake Cake

Pancakes  
Nut butter (of your choice) **OR NUTELLA**  
Fresh fruit, cut *\*(see note at bottom)*  
Melted caramel, to drizzle (optional)  
Melted chocolate, to drizzle (optional)

Start with a pancake. Spread the nut butter on top (that's to prevent fruit from sliding around between layers.)

Add your sliced fruit – use one type of fruit per layer.

Continue the pancake, nut butter and fruit layers.

Drizzle with melted caramel or chocolate and serve as is – or with fresh whipped cream, ice cream, Greek Yogurt or custard.

*\*For bananas, pears and apples ... soak the cut fruit for few minutes in Sprite or 7-Up. It will prevent discoloring.*

Recipe and photo: <http://www.blogilates.com/blog/2016/12/27/epic-rainbow-pancake-cake/>

## Austrian torn pancakes with apples – Kaiserschmarrn

*For full recipe, visit the link below.*

Pancakes  
60 g unsalted butter  
2 small granny smith apples, peeled, cored, thinly sliced  
icing sugar, to serve

Turn pancakes out onto a chopping board. Using 2 forks, tear pancake into pieces. Heat pan over medium heat. Melt 60 g butter in pan and add apples. Cook apples, stirring, for 3 minutes or until softened. Increase heat to high, add remaining 25 g butter and pancake pieces. Cook, shaking pan occasionally, for 2 minutes or until pieces are golden and pancakes are warmed through. Transfer to a platter and serve dusted with icing sugar.

**Note:** *you can use other fruit and raisins.*

Recipe and photo: <http://www.sbs.com.au/food/recipes/torn-pancakes-kaiserschmarrn>