

Pumpkin pancakes with berries and cardamom cream

Recipe and picture by Chef Jason Ford

- 1 cup self-raising flour
- 2 tbsp caster sugar
- ¼ tsp bicarbonate of soda
- 1 egg, whole
- ½ cup buttermilk
- ¾ cup pumpkin, puree
- 1 tbsp butter, melted
- 1 cup crème fraiche
- 1 tsp cardamom, ground
- ½ cup blueberries or strawberries, crushed
- ¼ cup maple syrup
- 4 tbs honey ginger peanuts



1. Combine all dry ingredients.
2. Melt butter and leave to cool.
3. Slowly add the egg and buttermilk to dry mixture, avoiding lumps.
4. Mix in the pumpkin puree.
5. Then whisk in the cooled melted butter.
6. Place tablespoons of batter into a greased frypan on medium heat.
7. When the batter starts to bubble turn over with a spatula to cook the other side.
8. Flavour crème fraiche with cardamom, crush the berries and add to the maple syrup, and drizzle over cooked pancakes to serve. Sprinkle with chopped peanuts.

Makes 4 serves