

## **Savoury Sausage American Pancakes**

500g sausage meat  
450g self-raising flour  
1 teaspoon baking powder  
600ml buttermilk  
3 large free-range eggs, separated  
50g butter, melted, plus extra for frying  
Maple syrup, to serve

Put the sausagemeat in a large frying pan and break it up using a wooden spatula or spoon. Fry the meat, stirring regularly and continuing to break it up, until well browned and cooked through. Put the flour in a large bowl with the baking powder. Combine the egg yolks, melted butter and buttermilk. In a separate bowl, whisk the egg whites until stiff peaks form when the whisk is removed. Pour the buttermilk mixture into the flour and stir until well combined. Add a large spoonful of the egg whites and fold in using a large metal spoon. Stir in the rest of the egg whites, trying to preserve as much of the air in the whites as possible. You should have a fluffy, bubbly batter.

Heat a frying pan and use a little butter to grease the pan. Put in tablespoons of the mixture and top with a tablespoon of the sausage mixture. The pancake will rise up around the sausage meat as it cooks. When the pancake has browned on the bottom and is firm enough to flip, turn it over quickly and cook for another minute on the other side. Repeat with the rest of the batter and the sausage meat. Serve with maple syrup.

## **Savoury Chicken Tikka Pancakes**

125g plain flour  
1 medium egg  
300ml milk  
1 teaspoon harissa paste  
1 teaspoon ground cumin  
Sunflower oil for frying  
3 chicken breasts, cut into thin slices  
284ml buttermilk  
2 tablespoons tikka paste  
4 tablespoons Geeta's Premium Mango Chutney  
4 tablespoons Greek yogurt

Mix together the buttermilk, tikka paste and lemon juice and add the chicken pieces. Marinate for as long as you can. Put the flour in a bowl. Make a well in the centre and add the egg and half the milk. Whisk together well then stir in the rest of the milk to make a smooth batter. Stir in the harissa and cumin, and set aside for 30 minutes. Heat a little oil in an 18cm pancake pan and add a ladleful of the batter. Swirl it around the pan and cook for 1–2 minutes each side until golden. Transfer to a plate and keep warm. Repeat with the remaining mixture to make 8 pancakes, keeping them warm, separated with sheets of kitchen paper. Heat a little more oil in a large, non-stick frying pan and cook the chicken for about 10 minutes, turning occasionally. Divide the chicken between the pancakes, putting it on one quarter of the pancake, and top with mango chutney and yogurt. Fold up the pancakes to make parcels, and serve.