

BLACKBERRY & PUMPKIN PANCAKES

These springy hotcakes take the American idea of sweet spiced pumpkin and put it into a pancake brunch. Top them with blackberries rumbled with mascarpone and you've got a breakfast that's fruity, fun, indulgent and healthy all at once.



Makes: 8

Time: 45 minutes



INGREDIENTS

Blackberry & Maple Mascarpone

200 grams (7 oz) mascarpone
1 tbsp maple syrup, plus extra for serving
1 tsp vanilla extract or paste
¼ tsp ground cinnamon
125 grams (4.4 oz) blackberries

Pancakes

160 grams (5.6 oz) pumpkin, peeled and cut into chunks
1 ½ cups (225 grams / 8 oz) self-raising flour (or plain flour + 2tsp baking powder)
2 tbsp brown sugar
1 tsp ground cinnamon
½ tsp ground nutmeg
¼ tsp bicarbonate of soda
2 eggs
125 ml/grams (4.4 oz / ½ cup) milk
1 tbsp butter, melted, or vegetable oil, plus extra for greasing
1 tsp vanilla extract or paste



METHOD

Traditional method

Blackberry & maple mascarpone

1. Preheat oven to 100°C / 212°F.
2. Place mascarpone, maple syrup, vanilla and cinnamon in a bowl and stir to combine. Add half the blackberries, squash with the back of a fork or spoon to release some of their juices and stir to create a ripple effect. Cover and refrigerate until required.

Pancake batter

3. Steam pumpkin for 10-15 minutes, until soft. Set aside to cool.
4. Place flour, sugar, cinnamon, nutmeg and bicarb soda in a medium bowl and whisk to combine.
5. In a separate bowl whisk the eggs, steamed pumpkin, milk, butter and vanilla together. Add the wet ingredients to the dry ingredients and stir until just combined.

Cooking

6. Preheat a large non-stick frying pan over low-medium heat. Wipe the pan with some paper towel dipped in butter, to lightly grease. Cook the pancakes in batches, dropping a slightly heaped ¼ cup (60 ml) of the batter at intervals over the pan, allowing enough space for the batter to spread. Cook for 1-2 minutes, until bubbles appear and begin to pop on the surface and the edges start to cook and lose their sheen. Using a spatula, flip and cook for 30-60 seconds on the other side, until golden brown. Once cooked place pancakes on a baking tray in a single layer and keep warm in the oven, while you cook the remaining pancakes.

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Serving

7. Serve pancakes topped with a dollop of maple mascarpone and some extra blackberries. Drizzle with maple syrup and scatter with pecans.

Thermomix method

Blackberry & maple mascarpone

1. Preheat oven to 100°C / 212°F.

2. Place mascarpone, maple syrup, vanilla and cinnamon in a bowl and stir to combine. Add half the blackberries, squash with the back of a fork or spoon to release some of their juices and stir to create a ripple effect. Cover and refrigerate until required.

Pancake batter

3. Place 500 grams (17.6 oz) water in mixing bowl and pumpkin in steamer basket. Cook pumpkin **15 min/Varoma/speed 2**, until soft. Set aside to cool. Tip water from mixing bowl.

4. Place steamed pumpkin, eggs, milk, butter and vanilla in mixing bowl. Mix **20 sec/speed 4**.

5. Add flour (and baking powder, if using plain flour), sugar, cinnamon, nutmeg and bicarb soda and mix **15 sec/speed 4**.

Cooking

6. Preheat a large non-stick frying pan over low-medium heat. Wipe the pan with some paper towel dipped in butter, to lightly grease. Cook the pancakes in batches, dropping a slightly heaped ¼ cup (60 ml) of the batter at intervals over the pan, allowing enough space for the



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Serving

7. Serve pancakes topped with a dollop of maple mascarpone and some extra blackberries. Drizzle with maple syrup and scatter with pecans.

Tips

- Don't cook these pancakes too quickly - turn the heat down if they're colouring before they've puffed up.
- The batter and mascarpone can be made the night before for faster access to breakfast in the morning.

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Makes: 8



SHOPPING LIST:

- Mascarpone (200 grams / 7 oz)
- Maple syrup (1 tbsp)
- Vanilla extract or paste (2 tsp)
- Ground cinnamon (¼ tsp)
- Blackberries (125 grams / 4.4 oz)
- Pumpkin (160 grams / 5.6 oz)
- Self-raising flour (1 ½ cups / 225 grams / 8 oz)
- Brown sugar (2 tbsp)
- Ground cinnamon (1 tsp)
- Ground nutmeg (½ tsp)
- Bicarbonate of soda (¼ tsp)
- Eggs (2)
- Milk (125 ml/grams / 4.4 oz / ½ cup)
- Butter, melted, or vegetable oil (1 tbsp)



NOTES & TIPS:

- ➔ • Plus extra maple syrup for serving.
- ➔ (or plain flour + 2 tsp baking powder)
- ➔ plus extra for greasing