

Mama Panya's Pancakes

Pancakes are eaten all around the world. They have different names in different countries. Here are a few examples: bannocks (Scotland), chapati (India), crêpes (France), bao bing (China), blinis (Russia), dadar gutung (Indonesia), qata'if (Egypt), arepas (Chile), tortillas (Mexico).

Many Kenyans like to wrap food inside thin pancakes. Would you like to try Mama Panya's Pancakes? Here's a recipe that you can make at home:



Ingredients (makes about six pancakes)

- 1¼ cups (115–170 grams) plain flour
- 2 cups (500ml) cold water
- ⅓ cup (5 Tbsp) vegetable or sunflower oil
- ½ teaspoon salt
- ½ teaspoon cardamom (or nutmeg will do)
- ½ teaspoon red pepper flakes, crushed



Instructions

In a bowl, mix all the ingredients with a fork.
Pre-heat a non-stick pan (no oil is needed) at a medium to low setting.
Ladle ¼ cup of batter into the middle of the pan. Tilt the pan to spread the batter to about the size of a grapefruit.
Cook until you see tiny bubbles in the pancake, then gently flip it over.
When the second side begins to pop up from the heat, the pancake is ready.

Serving Suggestions

You can fill your pancake with jam for something sweet, or tuna salad for something different. In fact, almost any filling will do. Simply roll up and eat!