**Blueberry Ricotta Pancakes**

INGREDIENTS

1 Egg, separated

45ml Ricotta cheese

140 ml Buttermilk

20 ml Sugar

4 ml Vanilla extract

½ ml Salt

105 ml All-purpose flour

2 ml Baking powder

1 ml Baking soda

80 ml Frozen blueberries

Procedure

1. In a large bowl, whisk the egg yolk and ricotta. Whisk in the buttermilk, sugar, vanilla and salt.

2. In a small bowl, stir the flour, baking powder and baking soda with a spatula.

Fold into the egg yolk mixture until just combined.

3. Beat the egg white in a clean, dry bowl until they hold firm peaks. Fold gently into the batter, until just combined. Fold in the

blueberries.

4. Set the frying pan to medium heat (3-4) and add a small amount of oil. Ladle approx. 60 ml of batter per pancake into the pan.

5. Cook until the undersides are nicely browned, the edges look set and small bubbles appear on the surface (about 3 minutes).

Flip and cook until the second side is golden brown (about 3 more minutes). Repeat, re-oiling the pan between batches, until all the batter is cooked.

6. Serve at once with syrup.

**Demo Questions:**

1) How do you know that your egg whites have reached the stiff

peak stage?

2) How could you substitute buttermilk in a recipe?

3) What heat setting should you cook the pancakes on?