

Tiganites

Season: All

Makes: About 30 small pancakes

Fresh from the garden: eggs, seasonal fruit, walnuts (optional)

These simple pancakes are popular throughout Greece – many claim they are an ancient food eaten there for over 2500 years. The currants in this recipe are not traditional, and you can leave them out if you like. The batter will be smoother if you let it rest for 10–15 minutes between making and cooking. Serve the pancakes with a little drizzle of honey, seasonal fresh fruit, a spoonful of plain Greek yoghurt and walnuts, if available.

Equipment:

metric measuring scales,
spoons and jug
whisk
medium-sized bowl
large bowl
mixing spoon
large frying pan
spatula
baking tray

Ingredients:

300 g plain flour (or half wholewheat
flour and half plain)
½ tsp salt
½ tsp cinnamon
1 tsp baking powder
2 eggs, beaten
500 ml milk
4 tbsp olive oil
130 g currants (optional)

For the toppings:

honey, for drizzling
Greek yoghurt
seasonal fruits such as fresh
or poached apricots, chopped
walnuts (optional)

What to do:

1. Preheat the oven to 100°C.
2. Combine the flour, salt, cinnamon and baking powder in the large bowl.
3. Add the milk to the beaten egg and whisk to combine.
4. Pour the egg and milk mixture into the dry ingredients. Whisk well until you have a runny batter.
5. Add 2 tablespoons of the oil and stir through the currants, if using.
6. Set aside in the fridge for 10–15 minutes (optional). This will result in a smoother batter.
7. Heat the remaining oil in the frying pan over a medium heat.
8. Remove the batter from the fridge and give it a stir.



9. Drop 1–2 tablespoons of batter at a time into the frying pan. You can cook 3–4 pancakes at a time.
10. Cook each pancake for 1–2 minutes, then flip over and cook for a further 1–2 minutes until bubbles appear on the top, and the underside is golden.
11. Remove the pancakes and set aside on the baking tray in the oven to keep warm.
12. Serve with the honey, Greek yoghurt, seasonal fruit or walnuts, if using.

