

Dessert Recipes

Please note that these recipes serve 4 people. You may therefore want to cut the quantities in half.

Scotch pancake recipe makes 8 pancakes.

Scotch Pancake Recipe

Ingredients

175g self-raising flour
1 tsp baking powder
40g caster sugar
1 egg
200ml milk

(add 1 tbsp instant coffee mixed with 1 tbsp boiling water for Espresso martini pancakes)

Method

1. Mix dry ingredients together in a large bowl.
2. Add egg and milk. Whisk/mix together until thick and creamy consistency. (Add coffee at this point if using for Espresso martini pancakes)
3. Heat ½ tbsp of sunflower oil in a heavy based, non-stick frying pan.
4. Add 2 tbsp of mixture to the heated oil.
5. Cook until bubbles form. Turn over and cook other side, until pancake has risen. (Don't allow oil to get too hot or burn)
6. You may wish to keep these warm on a low temperature in the oven whilst you make your topping.

Banoffee topping

Ingredients

2-3 sliced bananas
4 tbsp Carnation caramel (or alternative)
4 Digestive biscuits
1 tbsp (14g) butter
4 tbsp whipped cream
Sprinkle of dark chocolate shavings

Method

1. Heat the digestives and butter in a pan, on a low heat until melted. Allow to cool.
2. Assemble the pancakes in a stack, layering bananas, caramel, cream and biscuit as you wish.
3. Sprinkle dark chocolate shavings at the end.

Blueberry cheesecake topping

Ingredients

150g fresh or frozen blueberries
1 tbsp maple syrup
100g cream cheese
1 tbsp icing sugar
4 ginger nut biscuits
50g pecan nuts, roughly chopped

Method

1. Simmer the blueberries and maple syrup over a low heat until soft and syrupy, this should take about 3 minutes.
2. Mix the cream cheese and icing sugar to taste.
3. Assemble the pancakes, topping them with the sweetened cream cheese, blueberry syrup and sprinkle over the biscuits and nuts.

Espresso martini topping

Ingredients

100ml espresso-strength coffee
4 tbsp caster sugar
25ml coffee liqueur
130g mascarpone (or cream cheese with tsp vanilla extract)
70g 0% fat Greek yoghurt
1 tbsp vodka
4 tbsp icing sugar
40g chocolate shavings

Method

1. Beat the mascarpone, yoghurt, vodka and icing sugar together with a whisk until smooth.
2. Simmer the espresso coffee, caster sugar and coffee liqueur in a small pan until syrupy (5-10 minutes).
3. Assemble the pancakes by spreading the mascarpone mix in between each pancake. Drizzle over the coffee syrup, and sprinkle over chocolate shavings.