

# JAPANESE

## JAPANESE STYLE FLUFFY PANCAKE

### INGREDIENTS

42019	Everyday Favourites self raising flour	120g
28278	Baking powder	1/2 tsp
61576	Caster sugar	50g
09126	Everyday Favourites free range medium egg	1
	Buttermilk	150g
	Vanilla extract	1/4 tsp
04163	Everyday Favourites mayonnaise	1 tbps

### METHOD

1. Sift the dry ingredients together into a bowl.
2. In a separate bowl whisk the egg, buttermilk vanilla and mayonnaise until smooth.
3. Pour this mix into the flour and whisk until well mixed to a smooth batter.
4. Line four 4 cm (d) x 8cm (w) metal rings with greaseproof paper.
5. Place the rings into a non stick frying pan sprayed with a little oil set over a low heat.
6. Half fill each of the mould with the batter.
7. Place a lid on the frying pan and leave for 10 minutes.
8. Once small bubbles appear on the surface of the pancakes and the edges are slightly cooked turn the rings over replace the lid onto the pan and continue to cook for another 10 minutes.
9. To test if done insert a skewer into the pancake if it comes out clean then it is cooked.
10. Transfer to serving plate lift off the ring and remove the greaseproof paper.
11. Serve topped with a fruit compote, maple syrup or whipped cream.



# JAPANESE



**JAPANESE  
STYLE FLUFFY  
PANCAKE**

# JAPANESE

## CHICKEN KASTU WITH ASIAN SLAW

### INGREDIENTS

34079	Farmstead chicken fillet escalope slightly battered	10 each
04285	Everyday Favourites plain flour	100g
	Everyday Favourites free range medium eggs	3
	Arla UHT milk	100ml
03253	Everyday Favourites golden breadcrumbs	100g
29552	Everyday Favourites katsu curry sauce	100ml
	Red cabbage	200g
	Carrot	100g
	Spring onion	100g
07080	Major oriental mari-base	25ml

### METHOD

1. Place chicken on a tray, then place the flour on a tray, beat the eggs and milk together and place on a tray.
2. Place the chicken in the flour then dip in the egg wash the coat in the bread crumbs and place on a oven proof tray and repeat until all are coated.
3. Place the chicken in a hot oven until it is golden brown and reaching 75°C.
4. Heat the sauce gently in a pan.
5. Mix all the vegetables together with the thai dressing and then place in a pot.
6. Once chicken is cooked slice and place on top of the slaw and then serve with the katsu sauce.



# JAPANESE



**CHICKEN  
KASTU WITH  
ASIAN SLAW**

# JAPANESE

