



Royal
Botanic Garden
Edinburgh

Botanic Cottage Community Cook Club Early January 2021

Sweet potato pancakes

My ten year old was very sceptical about sweet potatoes in pancakes but he very quickly changed his mind! These pancakes are a brilliant way to start the day - the oats and sweet potato will give you slow release energy throughout the morning. There's also no sugar in this recipe but you won't miss it.



Ingredients

350g sweet potatoes (approx. 2 medium)
200g plain flour
1 tsp baking powder
1 tsp bicarbonate of soda
½ tsp ground nutmeg
½ tsp ground cinnamon
½ tsp salt
2 eggs
50g porridge oats
400 ml milk
1 tbsp butter

To serve - I like sliced banana, pecans, yogurt and a drizzle of maple syrup, but have whatever you like (the ten year old recommends peanut butter).

You will need a mixing bowl and spoon, a frying pan and spatula.

Serves 4 hungry people.

Method

1. First cook your sweet potatoes. An easy way to do this is in the microwave. Stab them a few times with a fork and then cook for ten minutes or until soft inside. Cool until you can handle them and peel off the skin. Mash.
2. Measure the flour into a bowl and add the baking powder, bicarbonate of soda, nutmeg, cinnamon, salt and oats. Mix well.
3. Add the eggs and the mashed sweet potato and mix. Add the milk a little at a time until you have a thick batter. You may need a little less if the water content of your sweet potatoes is higher than mine.
4. Heat a non-stick frying pan over a medium heat with the butter in it. When the butter has melted tip it into your batter and stir it in.
5. You can now start cooking your pancakes. I find I don't need any oil to cook these because of the butter in the recipe. If you're unsure, add a little drizzle of oil to the pan. I keep my pancakes quite small so that I make 4 at a time. (For speed I often get a second pan on the go too, depending how hungry everyone is.) Cook the pancakes for about two minutes per side. They are ready to flip when the edges look dry and bubbles appear on the surface.
6. Serve warm with your chosen toppings and a smile.