Snacks / Ireland

# Savoury pancakes with red cabbage and carrot · Ireland

Small savoury pancakes with two vegetables, developed as a modern Ireland-inspired snack.

**Time** 35 min **Servings** 4

## What you'll need.

- ☐ 200 g plain wheat flour
- ☐ 250 ml pasteurised milk
- ☐ 150 g carrot
- ☐ 15 g wholegrain mustard
- ☐ 10 ml apple cider vinegar
- ☐ 2 eggs
- ☐ 200 g red cabbage
- ☐ 30 ml neutral cooking oil
- ☐ 10 g fresh parsley
- ☐ salt and pepper to taste

## Let's make it.

**01** Finely grate firm vegetables and chop softer ones. Briefly fry or steam until cooked, then drain thoroughly.

**02** Whisk the flour, eggs and milk or coconut milk into a smooth batter. Fold in the vegetables and flavourings.

**03** Heat a little oil in a frying pan. Spoon in small portions of batter and spread thinly.

**04** Cook gently until golden on both sides and fully set inside, with no wet batter. Repeat with the remaining batter.

**AI-developed, not kitchen-tested.**

**Recipe & provenance** DVS Recipe Studio / DVS Recipe Studio · AI-developed variation / CC0 1.0.
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