

Miele

Oatmeal, chia and ricotta pancakes with blueberry and maple syrup

By Miele

20 minutes

Preparation time

15 minutes

Cooking time

4

Serves



INGREDIENTS

Pancakes

4 eggs
250g milk
100g rolled oats
1½ tsp ground cinnamon
1 tsp baking powder
2 tbs chia seeds
250g ricotta cheese
2 tbs brown sugar

Blueberry maple syrup

250g blueberries, frozen or fresh
125ml orange juice
125ml maple syrup
1 tsp cornflour
1 tsp vanilla essence
Zest of 1 orange
1 star anise

Clarified butter or grapeseed oil for frying

METHOD

Pancakes

1. Combine all ingredients for the pancakes except for the ricotta in a bowl and mix well into a batter. Cover and refrigerate overnight to allow the chia and oats to soften.
2. Fold the ricotta through the batter just before cooking, leaving it quite chunky.
3. Heat a frying pan on medium high heat, Induction setting 7 and add either clarified butter or grapeseed oil to the pan.
4. Place two tablespoons of batter per pancake into the frying pan and lower the Induction setting down to 5 and cook the pancake through on both sides.

Blueberry maple syrup

1. Combine half of the blueberries, orange juice, maple syrup, orange zest, star anise and vanilla essence in a saucepan and bring to a simmer on medium heat, Induction setting 6. Remove from the heat, discard the star anise, then gently blend using a stick blender.
2. Mix cornflour with a touch of water to make a slurry. Bring syrup back to a simmer on Induction setting 6 and add the cornflour slurry. Whisk until the syrup thickens.
3. Stir the rest of the blueberries through. Serve on top of freshly cooked pancakes. Garnish with quenelles of double cream or crème fraîche.