

Milktart & Rooibos Syrup Pancakes

A proudly South African breakfast, brought to you
by the A Team [recipe from Your Family Magazine]

Pancakes are a true breakfast staple (especially for those of us with a sweet tooth). That's why we decided to do a traditional pancake breakfast with a twist... Who could resist a decadent slice of crêpe cake? You don't really get much more South African than milktart & rooibos, so we've smothered and filled our pancake brekkie with a mouth watering combo of milktart and rooibos syrup. To top off our taste sensation, we've added a sneaky little morning Springbok - definitely a South African favourite!

INGREDIENTS

FOR THE MILK TART FILLING

80ml cake flour
500ml milk
125ml sugar
1 cinnamon stick
2 egg yolks
pinch salt
15ml butter
5ml vanilla essence

FOR THE ROOIBOS SYRUP

125ml sugar
500ml water
pinch salt
2 rooibos teabags
zest and juice of 1 lemon, to taste
30 pancakes

METHOD

For the filling, mix the flour with 125ml of the milk until a smooth paste forms. Heat the remaining milk, sugar and cinnamon on medium to just below boiling point. Remove the cinnamon.

Add the flour paste to the milk and heat on medium, while stirring, for about 3 minutes or until it starts to thicken. Remove from heat. Beat the egg yolks and salt and slowly add the milk, while stirring, until it's all incorporated. Return the milk mixture to the saucepan and cook on medium, stirring, for 1 minute. Remove from heat and stir in the butter and vanilla.

For the syrup, bring all the ingredients to a boil on high, stirring until sugar has dissolved. Cook for about 20 minutes, removing the teabags after 5 minutes, until the sauce has reduced by half.

Stack the pancakes with a little bit of milk tart filling in between each layer and drizzle the rooibos syrup over the top. Serves 10.

Recipe source: www.yourfamily.co.za/recipe/milk-tart-pancakes-rooibos-syrup

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