

## SAUNDERS' MALT EXTRACT



Preparation

15  
MINS

Serves

4

Difficulty

EASY

# MALT-CARAMELISED APPLES WITH RICOTTA HOTCAKES

The perfect breakfast in bed or lazy weekend morning treat. Caramelised apples are extra yummy and if you're feeling naughty then serve with a scoop of ice cream.

## INGREDIENTS

### Ricotta Hotcakes

- 2/3 cup (160ml) buttermilk
- 2 tablespoons Saunders' Malt Extract
- 2 large free-range eggs, separated
- 3/4 cup (110g) plain flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 150g fresh ricotta, crumbled
- 2 tablespoons caster sugar
- butter, for cooking
- Greek-style yoghurt, to serve
- Lemon wedges, to serve (optional)

### Malt-Caramelised Apples

- 20g butter
- 3 red apples, cored and cut into wedges
- 2 tablespoons Saunders' Malt Extract

## METHOD

- 1** For the caramelised apples, melt the butter in a large non-stick frying pan over medium heat. Add the apples and cook, shaking the pan occasionally for about 4 minutes or until the fruit starts to soften. Add the Saunders' Malt Extract and continue to shake the pan until the apples are lightly browned, caramelised and tender, about 3 minutes. Transfer to a bowl, cover with foil to keep warm and set aside. Clean the frying pan.
- 2** Meanwhile, for the hotcakes, whisk the buttermilk, Saunders' Malt Extract and egg yolks in a large bowl until the malt extract dissolves. Sift the flour, baking powder and salt over the buttermilk mixture and whisk until combined. Stir in the ricotta.
- 3** In another large bowl, using an electric mixer on medium-high speed, beat the egg whites and sugar until stiff peaks form. Using a large spoon or spatula, working in two batches, gently fold the egg whites into the batter.
- 4** Preheat the oven to 100°C (80°C fan-forced) and line an oven tray with baking paper. Heat a large non-stick frying pan over low heat. Add a little butter to the pan and working in batches, scoop 1/3 cup (80ml) measures of the batter into the pan and cook for about 3 minutes or until pancakes start to set around the edges and bubbles start to appear on the surface. Adjust the heat if they are browning too quickly. Turn and cook the other side until puffed and cooked through. Keep warm on the prepared tray, in the oven, covered with foil.
- 5** Serve the pancakes topped with caramelised apples and their syrup, yoghurt and lemon wedges.

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