



Scallion and Ginger Pancakes

 Dairy Free

READY IN



35 min.

SERVINGS



18

CALORIES



84 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.5 cups cake flour
- 2 tablespoons canola oil
- 0.5 cup flour all-purpose
- 2 tablespoons ginger fresh grated
- 4 cloves garlic grated peeled
- 1 teaspoon kosher salt
- 2 teaspoons red wine vinegar
- 2 bunches scallions white green sliced into thin rounds

- 2 tablespoons sesame oil
- 6 tablespoons soya sauce
- 1 cup water boiling

Equipment

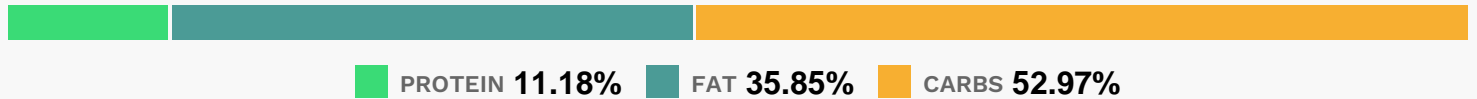
- bowl
- frying pan
- baking sheet
- baking paper
- whisk
- plastic wrap
- cookie cutter
- kitchen towels
- spatula
- rolling pin
- slotted spoon
- tongs

Directions

- Watch how to make this recipe.
- For the pancake batter: Sift together the cake flour, all-purpose flour and salt over a medium bowl. Stir in the canola oil and boiling water. Use your hands to work the dough into a smooth ball. It should be fairly firm. If it isn't, stir in some additional flour. Turn the dough onto a flat surface and flatten it with the palm of your hand until about 1-inch thick. Wrap in plastic wrap and allow it to rest in the fridge while you make the dressing and heat the oil.
- For the vinaigrette: In a medium bowl, whisk together the soy sauce, sesame oil, red wine vinegar, ginger and garlic. Taste for seasoning.
- To roll the dough: Lightly flour a flat surface and divide the dough into four parts. Use a rolling pin to roll out the first piece. When about 1/4-inch thick, sprinkle with scallions and fold the dough in half so the scallions are hidden inside.

- Roll thin again and cut into rounds using a glass (or round cookie cutter) about 2 inches in diameter.
- Transfer the rounds to a baking sheet fitted with parchment paper.
- To cook and serve: In a large saute pan, heat 1/4-inch canola oil. Prepare a baking sheet fitted with a kitchen towel to drain the pancakes as they cook. When the oil smokes ever so slightly, use a pair of tongs or spoon to lower a few of the rounds into the oil. Fry for a minute on one side and then another on the second side. Use a slotted spoon or metal spatula to remove the pancakes and drain them on the kitchen towel.
- Sprinkle with remaining scallions and serve with the dressing on the side for dipping. Alternatively, drizzle the dressing over the pancakes.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:6.98, Inflammation Score:-1, Nutrition Score:2.2934782608696%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 83.92kcal (4.2%), Fat: 3.34g (5.14%), Saturated Fat: 0.37g (2.31%), Carbohydrates: 11.1g (3.7%), Net Carbohydrates: 10.6g (3.86%), Sugar: 0.23g (0.25%), Cholesterol: 0mg (0%), Sodium: 465.97mg (20.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.34g (4.69%), Selenium: 5.48µg (7.82%), Manganese: 0.15mg (7.7%), Vitamin K: 6.89µg (6.57%), Folate: 12.68µg (3.17%), Vitamin B3: 0.57mg (2.85%), Vitamin B1: 0.04mg (2.81%), Iron: 0.46mg (2.54%), Phosphorus: 23.97mg (2.4%), Vitamin E: 0.35mg (2.37%), Vitamin B2: 0.04mg (2.1%), Copper: 0.04mg (2.01%), Fiber: 0.49g (1.96%), Magnesium: 6.96mg (1.74%), Vitamin B6: 0.03mg (1.43%), Potassium: 40.36mg (1.15%), Zinc: 0.16mg (1.07%)