



Scallion Pancake (Cong You Bing)



Vegetarian



Vegan



Dairy Free

READY IN



90 min.

SERVINGS



16

CALORIES



143 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 servings sesame oil
- ☐ 2 unknown flour
- ☐ 0.5 teaspoon chile dried red crumbled
- ☐ 0.3 cup rice vinegar
- ☐ 0.3 teaspoon salt
- ☐ 1 bunch scallion green thinly sliced
- ☐ 2 teaspoon sesame oil toasted
- ☐ 0.5 cup soya sauce

- ☐ 1 teaspoon sugar
- ☐ 1 tablespoon vegetable oil plus more for pan-frying
- ☐ 0.8 cup water boiling

Equipment

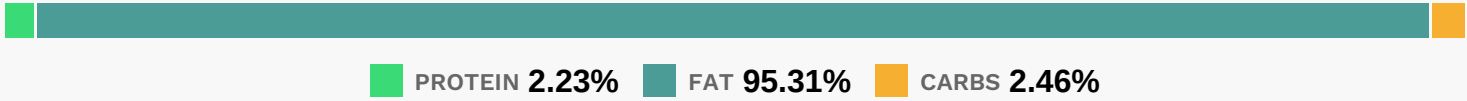
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Stir together flour, salt, hot water, and 1 T vegetable oil.
- ☐ Transfer to a lightly floured surface. Knead dough until soft and smooth, 10 minutes or until satiny smooth. If the dough won't stay together, add water in small increments. If dough is too wet, slowly add flour. Wrap dough in plastic wrap and let rest for 30 minutes. If you're not ready to make the pancakes yet, you can put the dough in the fridge for up to a day or so.
- ☐ Roll dough into a 16-inch log on a lightly floured surface.
- ☐ Cut into 16 pieces.
- ☐ Roll each piece out into a 4-inch circle, keeping remaining pieces covered as you work.
- ☐ Brush with sesame oil; sprinkle with about 1 t scallions.
- ☐ Roll each piece into a tight cylinder; pinch ends to seal. Press to flatten. Wrap each cylinder around itself to form a spiral (seam side in); pinch end. Cover with plastic wrap; let stand 20 minutes (or up to 5 hours).
- ☐ Place spirals on a lightly floured surface. Flatten gently.
- ☐ Roll out to 4-inch circles.
- ☐ Let stand 20 minutes. Meanwhile, for dipping sauce, whisk together all ingredients. (Makes about 3/4 cup.)
- ☐ Heat 1 T vegetable oil in a 12-inch skillet over medium-high heat. Cook pancakes, 2 or 3 at a time, flipping once, until golden, 2 to 3 minutes per side (add oil as necessary).

- ☐
- Drain on paper towels. Season with salt. (To keep warm, place in an oven heated to 200 degrees.)
- ☐
- Cut into wedges, and serve with dipping sauce.

Nutrition Facts



Properties

Glycemic Index:15.13, Glycemic Load:0.32, Inflammation Score:-1, Nutrition Score:1.9352173643268%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 142.83kcal (7.14%), Fat: 15.37g (23.65%), Saturated Fat: 1.23g (7.71%), Carbohydrates: 0.89g (0.3%), Net Carbohydrates: 0.77g (0.28%), Sugar: 0.41g (0.46%), Cholesterol: 0mg (0%), Sodium: 443.22mg (19.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.81g (1.62%), Vitamin E: 2.56mg (17.06%), Vitamin K: 14.78µg (14.08%), Manganese: 0.04mg (2.14%), Vitamin B3: 0.31mg (1.54%), Iron: 0.21mg (1.18%), Phosphorus: 10.46mg (1.05%)