

Gluten-Free Pandan Mango Pancakes



5 min

6 people



5 Rating

This might be the best pancake recipe yet.

Earthy pandan, sweet mango, and airy whipped cream join forces to make these delicious Pandan Mango Pancakes. In this simple recipe, MasterChef alum, Hoda Hannaway brings yum cha-inspired flavours into the home, creating a tasty wrapped pancake that melts right on your palette. Brunch, afternoon snack, or dessert, no matter the time of day this dish will keep you coming back for more fluffy bites.

Quick & Easy

Desserts

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Published 22 February 2024

Ingredients

- 2 ripe mangoes, sliced thick and set aside in the refrigerator
- 300ml thickened cream
- $\frac{1}{4}$ cup gluten-free icing sugar

For the Pancake batter

- 6 eggs
- ¼ cup caster sugar
- 1 cup milk
- 1 cup gluten-free plain flour, sifted
- ½ tsp salt
- ¼ cup vegetable oil
- 10 drops pandan extract

Method

1. For the batter, place all the ingredients into a blender. Blend for approximately 30 seconds or until ingredients are well combined and there are no lumps, cover and allow to stand for 30 minutes at room temperature. The mixture should be quite watery.
2. Heat a large non-stick frypan over low heat. If you have a good non-stick pan, you don't need to add any oil. If not, brush the pan with a very thin layer of oil.
3. Pour in a little of the batter and tilt the pan to create a very thin layer. Cover the pan and cook for 3 minutes or until the top is firm. (You do not need to flip the pancakes and you don't want to brown the base too much.) Transfer to a plate and repeat for the rest of the batter. Cover the pancakes with cling film and chill in the fridge for 30 minutes.
4. Whip the cream and icing sugar together until the cream holds a peak, transfer to a piping bag (optional) and leave in the fridge until needed.
5. After 30 minutes, remove the pancakes and whipped cream from the fridge. Pipe a little cream onto the fried side of each pancake and top with 2 slices of mango. Cover the mango with a little more cream and roll the pancake up like a spring roll or a burrito.
6. Chill in the fridge for at least 10 minutes before serving.