

orange & yoghurt pancakes

Serves 5-6

- 2 oranges, plus segments to serve
- 5 eggs, separated
- $\frac{3}{4}$ cup (165g) caster sugar, plus 2 tsp extra
- 200g thick Greek-style yoghurt, plus extra to serve
- $1\frac{1}{3}$ cups (200g) plain flour, sifted
- 20g unsalted butter, melted
- Honey, to serve

Mixed berry compote

- 250g frozen mixed berries
- $\frac{1}{2}$ cup (110g) caster sugar
- Squeeze of lemon juice
- 2 tsp shredded mint

For the compote, place berries, sugar and lemon juice in a pan over low heat. Cook for 10 minutes, stirring, until thickened and berries just start to break down. Stir in mint and cool completely.

Meanwhile, finely grate zest of 1 orange, then pare and thinly slice rind of remaining orange. Set aside. Juice both oranges. Measure out 200ml juice and set aside.

Beat yolks in a bowl with grated zest and $\frac{3}{4}$ cup (165g) sugar until combined. Fold in juice and yoghurt until combined.

Place flour in a bowl and make a well. Gradually whisk in egg yolk mixture until you have a thick batter. Set aside.

In a separate bowl, beat egg whites using electric beaters until soft peaks form. Add 2 tsp sugar then continue to beat to stiff peaks. Gently fold one-third of the egg white into the batter to loosen, then fold in the remaining egg white, keeping as much air in the mixture as possible. (If desired, the mixture will keep in the fridge, covered with plastic wrap, for 1-2 hours).

Heat a large non-stick pan over medium heat, and brush with melted butter. Working in batches, add $\frac{1}{4}$ cup (60ml) batter to the pan for each pancake and cook for 1-2 minutes each side browned and cooked through. Keep warm while you make the remaining pancakes.

Serve the pancakes with extra yoghurt, honey, orange segments and rind, and mixed berry compote.

The Blue Ducks in [delicious](#). February 2011