

Whole Wheat Orange Pancakes with Chocolate Sauce

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Makes 10-13

Vegan

Whole Wheat Orange Pancakes

1 cup whole wheat flour
2 tsp baking powder
1/8 tsp baking soda
pinch of salt
2 tsp demerara sugar
grated zest of one medium orange

1/3 cup freshly squeezed orange juice (from one medium orange)
1/2 cup almond or soy milk
2 tsp sunflower oil

a little oil for cooking the pancakes

Mix the dry ingredients in a bowl. Add the orange zest and the wet ingredients and mix until combined. The batter shouldn't be runny, nor too thick. Don't overmix it. Heat a non-stick pan on medium heat over a medium-sized burner. Add a couple of drops of oil and tilt and rotate the pan to spread it all around. Using a tablespoon or a 1/4 cup, pour the batter to make pancakes, leaving some space between them, as they will spread. When the sides of the pancakes look dry and the top is bubbly, carefully flip the pancakes with a spatula and let them cook for 30 seconds or so. It is important that the pancakes remain golden, not brown. For that you may need to reduce the heat to medium-low. Slightly lift the edge of the first pancake to check whether it's changing colour too fast and adjust the heat if that happens. When done, remove the pancakes from the pan and place them on a clean, dry kitchen towel (cloth, not paper). When just a little warm, place them on a serving plate and pour chocolate sauce over them. Be generous!

Easy Chocolate Sauce

1/4 cup cocoa powder, sifted
1/3 cup + 2 Tb almond milk
1/2 cup demerara sugar

In a small pan mix the cocoa powder with a little bit of milk until it forms a paste, using a whisk. Keep adding milk until you use the entire amount. This prevents the formation of lumps. Add the sugar and mix. Put the pan over the smallest burner turned to medium and stir now and then until the sugar is completely dissolved and the sauce is hot. Do not let it come to a simmer or boil, or else the taste will change. The best time to make the sauce is just before the pancakes, after mixing the dry ingredients. Keep them aside, make the sauce, then continue with making the batter. When serving, the sauce will be warm and the pancakes almost at room temperature, so they will absorb it immediately. Before adding

another layer of pancakes on top of the first one, let them absorb the sauce, then add a little more and only then put more pancakes over them. Get messy!

Notes: 1 cup = 250 ml, 1/2 cup = 125 ml, 1/3 cup = 80 ml, 1/4 cup = 60 ml; I used a regular teaspoon, not the measuring one. If using a manual juicer like I did, don't strain out the orange pulp, it adds more flavour. I used a type of whole wheat flour that's not very finely milled and has bits of bran in it.

If you enjoyed the recipe please leave your feedback in a comment on the blog and use the share options to spread the magic. Thank you in advance!

Recipe with Step-by-step Pictures at
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