

CHEESY PILCHARD PANCAKE BAKE

Ingredients

For the Pancakes

2 cups self-raising flour
4 eggs
2 ¼ cups milk

For the Pilchard Bake:

2 cans (400 g each) Lucky Star Pilchards in Tomato Sauce
½ cup tomato paste
1 onion, finely chopped
2 garlic cloves, crushed
4 tomatoes, chopped
1 tsp smoked paprika
½ cup basil leaves, roughly chopped
Salt & pepper, to taste

For the Cheese sauce:

3 tbsp butter
3 tbsp flour
2 cups milk, warmed
Salt & pepper, to taste
1 cup cheddar cheese, grated
½ cup mozzarella cheese, grated

Serving Suggestion:

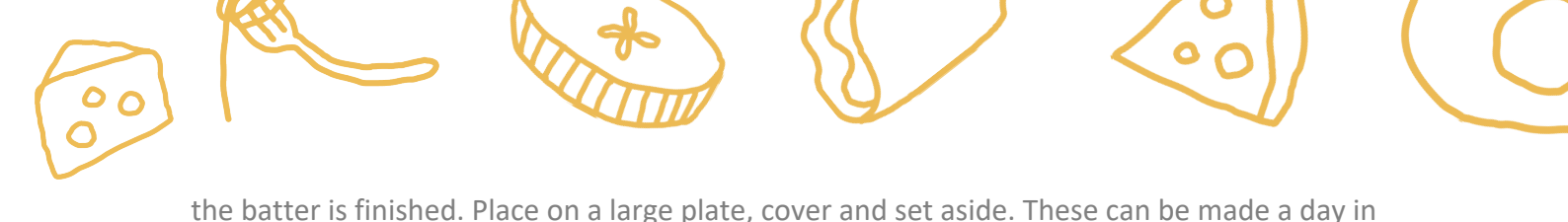
Fresh basil
Side salad

Serves: 8

Method

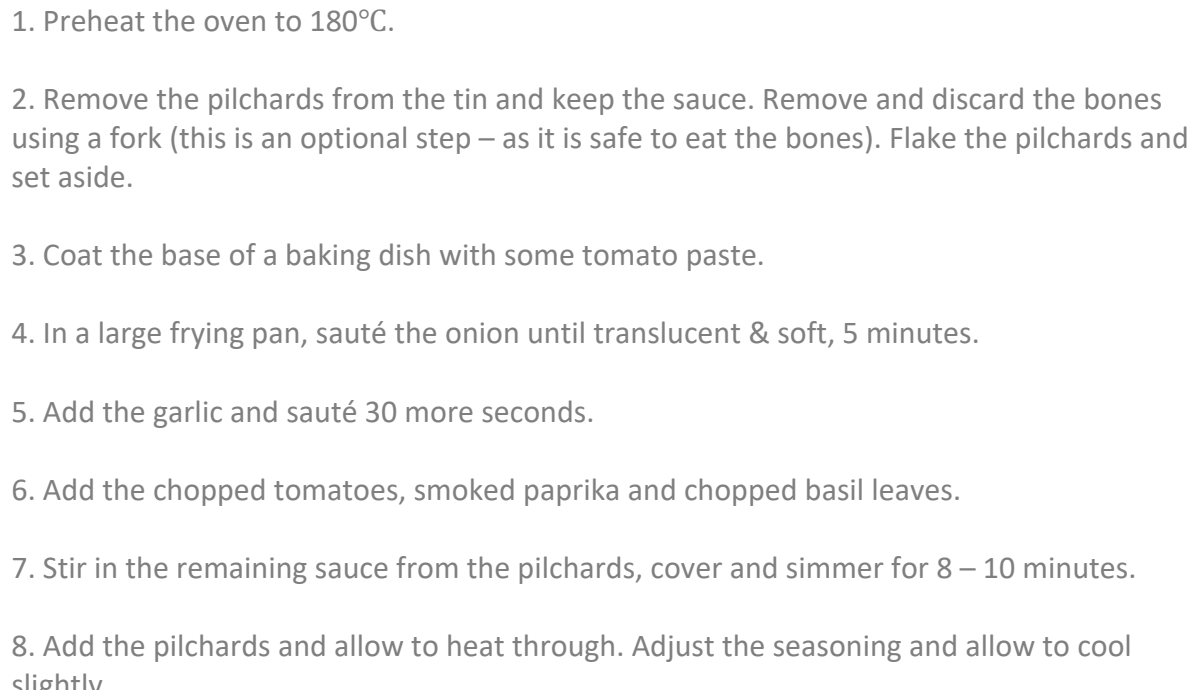
For the Pancakes:

1. Sift the flour into a medium bowl. Whisk in the eggs & milk until smooth and lump-free.
2. Heat a large frying pan on a medium low heat and grease the pan.
3. Scoop a soup spoon of pancake batter into the pan and roll the pan until the batter is thinly & equally spread over the pan. Cook 2 – 3 minutes a side until cooked. Repeat until

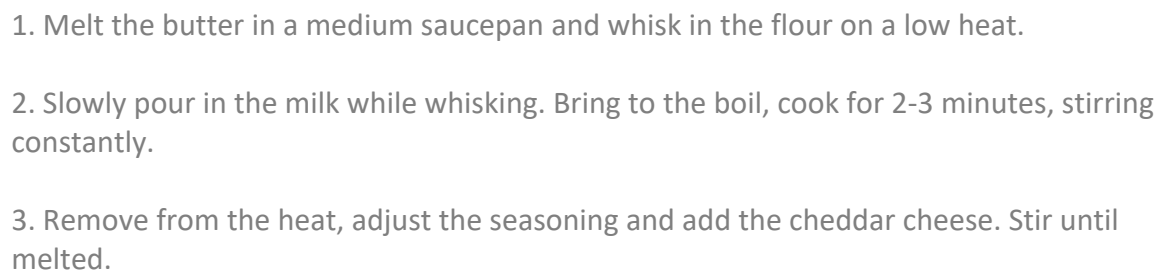


the batter is finished. Place on a large plate, cover and set aside. These can be made a day in advance.

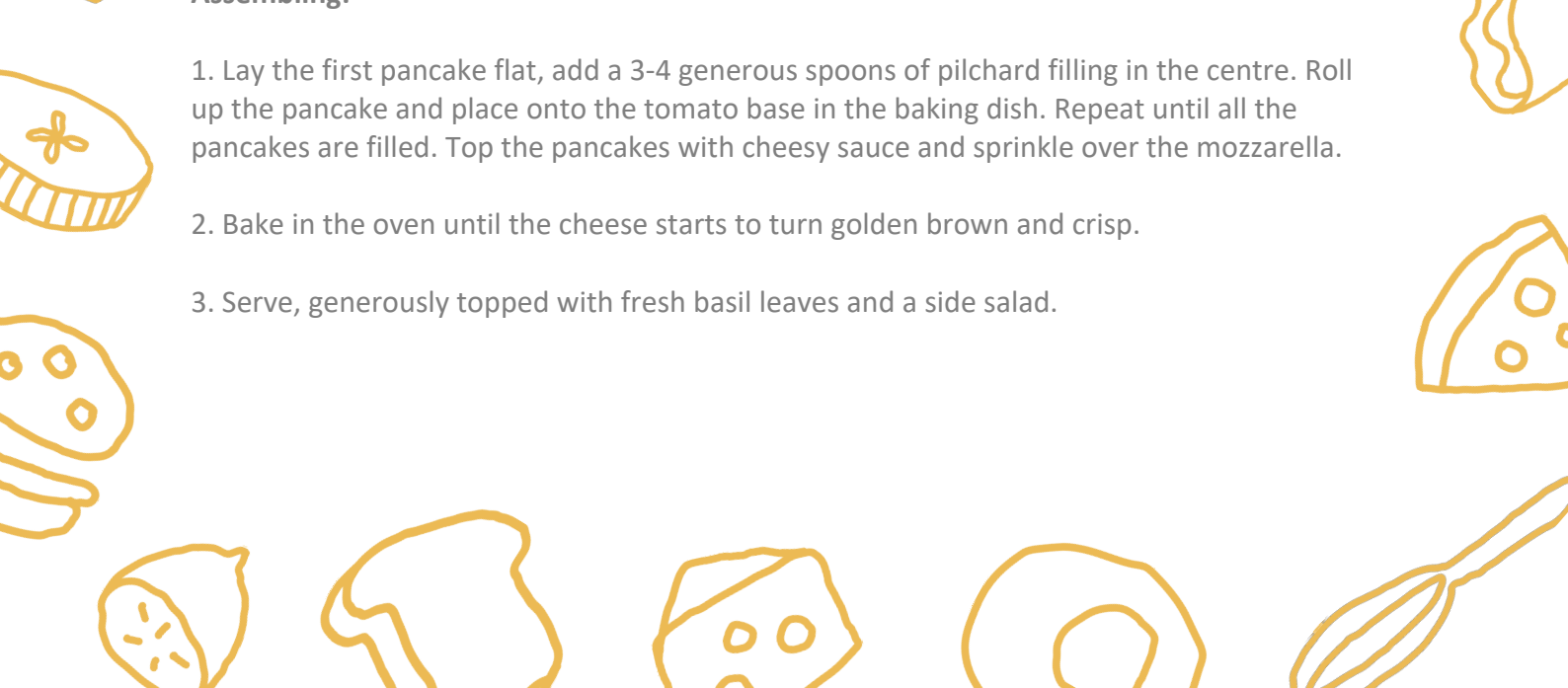
For the Pilchard Bake:

- 
1. Preheat the oven to 180°C.
 2. Remove the pilchards from the tin and keep the sauce. Remove and discard the bones using a fork (this is an optional step – as it is safe to eat the bones). Flake the pilchards and set aside.
 3. Coat the base of a baking dish with some tomato paste.
 4. In a large frying pan, sauté the onion until translucent & soft, 5 minutes.
 5. Add the garlic and sauté 30 more seconds.
 6. Add the chopped tomatoes, smoked paprika and chopped basil leaves.
 7. Stir in the remaining sauce from the pilchards, cover and simmer for 8 – 10 minutes.
 8. Add the pilchards and allow to heat through. Adjust the seasoning and allow to cool slightly.

For the Cheese sauce:

- 
1. Melt the butter in a medium saucepan and whisk in the flour on a low heat.
 2. Slowly pour in the milk while whisking. Bring to the boil, cook for 2-3 minutes, stirring constantly.
 3. Remove from the heat, adjust the seasoning and add the cheddar cheese. Stir until melted.

Assembling:

- 
1. Lay the first pancake flat, add a 3-4 generous spoons of pilchard filling in the centre. Roll up the pancake and place onto the tomato base in the baking dish. Repeat until all the pancakes are filled. Top the pancakes with cheesy sauce and sprinkle over the mozzarella.
 2. Bake in the oven until the cheese starts to turn golden brown and crisp.
 3. Serve, generously topped with fresh basil leaves and a side salad.