

## Pancake Rolls, gluten-free

CF001-07.24

### PEKTOS Beet Fiber BF 5 C

Makes 12 – 18 pancakes	[g or ml]	approx. [%]
<b>Batter:</b>		
Gluten-free flour mix	200	23.6
Milk	500	59.0
<b>PEKTOS Beet Fiber BF 5 C</b>	<b>20</b>	2.4
2 eggs, slightly beaten	120	14.2
Salt	2	0.2
Baking powder	5	0.6
Total	847	100.0
<b>Filling:</b>		
Prawns, without shell, fresh or thawed	300	41.4
Fresh dill, chopped	20	2.8
Leek, finely sliced	100	13.8
Single cream	300	41.4
Corn starch	5	0.7
Total	725	100.0
<b>TOTAL approx.</b>	1.572	

#### Process:

- Mix the dry batter ingredients in a bowl.
- Add eggs and milk, and whisk until no lumps remain, being careful not to over-mix.
- Spray a medium frying pan with cooking spray and warm on medium-high heat.
- Pour approximately 1 ladle of the batter into the pan. Swirl the batter around until it covers the bottom of the pan. Cook for about 2 minutes, until bottom is golden brown. Flip and cook for another minute or so.
- Carefully transfer the pancake to a clean plate. Keep warm. Repeat until all the batter is gone.
- Mix the cream and corn starch in a small sauce pan, heat until it thickens.
- Add leek, dill and prawns and bring to a boil.
- Spread the filling over the pancakes and roll them.
- Serve with a fresh salad.



CF001-07.24, Pancake Rolls with prawn filling, gluten-free, Beet Fiber BF 5 C.docx

The described formulation serves as a recommendation and was developed and tested in the laboratory of the PEKTOS AG. Since the product preparation can vary a lot between customers, we do not guarantee the applicability of this information or the suitability of our products in each situation. Sometimes, it may be necessary to adapt instructions. Compliance with the food law is the responsibility of the customer.