

Lemon Ricotta Pikelets



Serves 8



Time 30 minutes



Spring



Lemon



INGREDIENTS:

- 2 cups self-raising flour
- 250g ricotta cheese
- 3 large eggs
- $\frac{3}{4}$ cup milk
- 2 tablespoons sugar
- Zest (yellow skin) of 1 large lemon
- 2 tablespoons lemon juice
- Pinch of salt
- Butter or oil for cooking

METHOD:

1. Measure out 2 cups of self-raising flour into a medium bowl.
2. Use a grater to remove the yellow skin (zest) from the lemon. Avoid grating the white part which is bitter. Cut the lemon and squeeze out the juice.
3. Put the ricotta in a large bowl. If the ricotta is very wet, lightly drain it using a spoon or a paper towel. This stops the batter from becoming too runny.
4. Add the eggs, milk, sugar, lemon zest, and lemon juice to the ricotta. Mix gently with a whisk until smooth and creamy.
5. Add the flour and a pinch of salt to the ricotta-lemon mixture.
6. Using a wooden spoon or spatula, fold everything together just until you can't see any dry flour.
7. The batter should be thick. It should drop from a spoon, not pour like pancake batter.
8. Heat a large pan on medium heat. Add a little butter or oil.
9. Use a tablespoon to drop small spoonful of batter into the pan. Leave space between each pikelet so they don't touch.
10. Cook for about 1-2 minutes on the first side. You will see small bubbles form and the edges will start to set.
11. Flip carefully with a spatula and cook the second side for another 1-2 minutes until golden brown.
12. Keep cooking until all the batter is used. Add more butter or oil to the pan if needed.
13. Serve warm or at room temperature.

TIPS:

- If you don't have self-raising flour, you can replace it with Plain flour + 3 tsp baking powder.
- Adjust the heat while cooking if the pikelets brown too quickly before the centres cook through.
- You can serve the pikelets with butter, or fruit Jam (no added sugar) or Greek yoghurt with berries
- Left overs can be stored in an airtight container for up to 2 days.

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This recipe was developed by the Baker Heart and Diabetes Institute and supported by Enliven Victoria.