

Spring Onion Pancakes (Cong You Bing)



Serves 8



55min



Spring



Spring Onion



INGREDIENTS:

- 270g (1¾ cups) plain flour
- 130g (¾ cup) wholemeal flour
- 1 cup boiling water
- ½ teaspoon salt
- 8-10 spring onions, finely sliced
- 2 tablespoons canola oil
- 2 tablespoons plain flour, extra
- ¼ teaspoon ground white pepper (optional)
- Canola oil spray or 1-2 teaspoons canola oil, for cooking

DIPPING SAUCE:

- ⅓ cup reduced-salt soy sauce
- 2 tablespoons rice vinegar
- 2 large garlic cloves, finely minced
- 1 teaspoon fresh ginger, minced
- 1 spring onion, finely chopped
- ½ teaspoon sesame oil
- 1 teaspoon chilli flakes (optional)

METHOD:

1. **Make the dough:** Combine the plain and wholemeal flour and salt in a large bowl. Gradually add the boiling water, stirring until dough forms. Once cool enough to handle, knead for approx. 5 minutes until smooth. Cover and rest for 30 minutes.
2. **Prepare the filling:** Combine the canola oil and extra plain flour to make a thin paste. Set aside with the sliced spring onions.
3. **Shape the pancakes:** Divide the dough into 8 equal pieces. Keep the remaining dough covered while working. Roll one piece into a thin rectangle.
4. Lightly brush the dough with the oil and flour mixture. Sprinkle generously with spring onion and a little white pepper, if using.
5. Roll the dough tightly into a log, then coil the log into a spiral. Tuck the end underneath and rest for 5 minutes. Gently roll into a vpancake approx. 15cm wide. Repeat with the remaining dough.
6. **Cook:** Heat a non-stick frying pan over medium heat. Lightly spray with canola oil or brush with a small amount of oil. Cook each pancake for 3-4 minutes on each side, or until golden and cooked through.
7. **Make the dipping sauce:** Combine the soy sauce, vinegar, garlic and ginger in a small bowl. Stir through the sesame oil, chopped spring onion and chilli flakes, if using.
8. Cut the pancakes into wedges and serve warm with the dipping sauce.

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