

# Leaders and volunteers guiding gold pancakes

**Bold, bright, and full of heart – just like the volunteers who make Girlguiding extraordinary.**

Girlguiding Volunteers are the spark behind every adventure – bringing passion, creativity, and unwavering commitment to every moment. And these spiced sweet potato & chickpea pancakes are a tribute to their brilliance, they're nourishing, vibrant, full of heart and just a little bit unexpected.

## Ingredients (serves 4-6):

- 1 large, sweet potato (approx. 300g), peeled and grated
- 70ml milk
- 1 small spring onion or red onion, finely chopped
- 1 tsp garlic powder
- 1 tsp ground cumin
- ½ tsp smoked paprika
- ½ tsp turmeric
- ½ tsp baking powder
- ½ tsp salt and black pepper to taste
- 1 egg
- 5-6 tbsp chickpea flour (adjust for consistency)
- Oil or butter for frying

## Utensils:

- 2 mixing bowls
- Measuring cups
- Measuring jug
- Kitchen measuring scales
- Measuring spoons
- Fork
- Non-stick frying pan or griddle
- Spatula
- Spoon (for pouring batter)
- Heat-safe plate or tray (for stacking or serving)
- Chopping knife for vegetables and chopping board
- Grater
- Potato peeler
- Clean tea towel or kitchen tissue

## How to make:

- 1** Begin by measuring out your sweet potatoes. Then prepare them by grating them into a bowl. Once they're grated, take a handful and squeeze the liquid out of it over a sink. Keep doing this until all your grated potatoes have been squeezed of liquid. Then lay out your clean tea towel or kitchen tissue, place your grated potatoes on top and dab them dry. It should look like grated cheese when you're finished.

- 2** Next measure out your red or spring onion, chop them into small chunks/ squares and keep them to one side.
- 3** To prepare your pancake batter, measure out your ingredients (sweet potato, onion, garlic powder, spices, herbs, salt, pepper, baking powder, egg and chickpea flour, milk) using either a measuring cup/spoons, measuring jug or kitchen scales.
- 4** Add them into a mixing bowl and mix with a fork until it forms a thick, scoopable batter.
- 5** In your frying pan you could add a little oil or butter to prevent the pancake mixture sticking.
- 6** Turn on your hob and set it to a medium heat. Place your frying pan over the heat source. Allow it to warm up for a few seconds.
- 7** Spoon around 2 dessert spoons of your pancake batter into the pan, use a spoon to flatten the mixture slightly. You can get around 4 small pancakes in 1 large pan. Cook for 3–4 minutes on each side until golden and crispy.
- 8** Serve warm and enjoy with your chosen toppings, sauces and side dishes.

### **Recipe top tips:**

- When campfire cooking, use a sandwich toaster bag or wrap in foil and heat over embers.
- Make-ahead and pre-chop toppings and store in containers for easy assembly.
- You could try adding cooked beans, sweetcorn, or herbs for extra flavour.
- You could also serve your pancake with a salad, sour cream, salsa, guacamole, or a dollop of yoghurt.

## **Allergen information:**

Contains: egg, legumes (chickpea flour), dairy (yoghurt, if used)

May contain gluten (if substituting chickpea flour with plain flour)

**Gluten-free option:** Chickpea flour is naturally gluten-free. If substituting, use a gluten-free flour blend (same quantity)

**Lactose-free option:** replace milk with lactose-free or plant-based milk. Use lactose free plain yoghurt or plant based yoghurt.

**Vegan option:** replace egg with 1 tbsp ground flaxseed + 3 tbsp water (let it sit for 5 minutes). Replace cheese with ½ cup vegan cheese and replace optional toppings (e.g. sour cream/yoghurt) with plant-based yoghurt or sour cream.