

Rangers

campfire pizza pocket pancakes

Fuel for the curious and adventurous cooking for boundary-breaking minds.

For Rangers who love twilight cooking, campfire creativity, and pizza in every form! These savoury pancakes are stuffed like pizza pockets. With tomato, cheese, and your favourite toppings – then folded and toasted for a warm, melty bite.

Ingredients:

- 1 cup or 125g plain flour
- 1 tsp or 4g baking powder
- 1 egg
- 200 ml milk (can be lactose free or an alternative)
- ½ or 2g tsp salt
- ½ cup or 50g grated cheese (you can use a vegan or lactose free option)
- ¼ cup or 30–40g chopped cooked vegetables (e.g. peppers, mushrooms, sweetcorn, onions)
- ¼ cup or 60ml pizza sauce or passata

Optional:

- Chopped and cooked veggie sausage or pepperoni or other preferred toppings.
- 1 ½ tsp dried oregano or Italian herbs
- Side salad for serving.

Utensils:

- Mixing bowl
- Measuring cups
- Measuring jug
- Kitchen measuring scales
- Measuring spoons
- Manual whisk, electric whisk (if you need extra help whisking) or a 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
- Optional: campfire-safe pan or sandwich toaster bag or foil

How to make:

- 1** Begin by chopping 30-40g of your chosen vegetables into small chunks. You might be able to buy them pre chopped. Once you've done this, keep them to one side.
- 2** To make your pancake batter, measure out your ingredients (flour, baking powder, salt, herbs (if using but suggested to make the batter extra tasty), egg, and milk) using either a measuring cup/spoons, measuring jug or kitchen scales.
- 3** Add them into a bowl and use a fork or spoon to mix the ingredients together until smooth. Your pancake batter shouldn't look like dough but be a little runny like usual pancake batter.
- 4** In your frying pan you could add a little oil or butter to prevent the pancake mixture sticking.
- 5** 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.
- 6** Spoon your pancake batter into the centre of the pan. Around 2 dessert spoons make a pancake the size of a side plate once it spreads out.
- 7** Cook the pancake batter for roughly 30 seconds to 1 minute – each side. Using a spatula to flip your pancake once each side is cooked. Be sure to watch out for burning.
- 8** Once your pancake is cooked, put it onto a plate and add fillings; spread a spoonful of pizza or passata sauce on 1 half of the pancake. Then add your cheese and toppings.
- 9** Fold the pancake over like a pocket. Then return to the frying pan and press gently to cook each side for another few seconds – until cheese melts.
- 10** Serve your pancakes warm, but they're still delicious colder. You can even enjoy them with extra sauce for dipping or a side salad.

Recipe top tips:

- You don't need to fold the pancake to make a pocket, you could keep the pancake flat and grill to make the cheese melt.
- 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.
- Let Rangers choose their own fillings.
- Serve your pancake with a salad, dipping sauce, or roasted veggies.

Allergen information:

Contains: gluten (flour, pizza sauce), egg, dairy (milk, cheese) .

May contain soy (in vegan cheese), meat (if using pepperoni, sausage, ham, chicken etc).

Gluten-free option: replace flour with gluten-free all purpose flour, add ¼ tsp xanthan gum if not included in your blend. Replace pizza sauce with a gluten-free pizza sauce or homemade passata (check labels).

Lactose-free option: replace milk with lactose-free or plant-based milk. Use lactose free cheese or vegan cheese.

Vegetarian / vegan option: replace meat toppings with cooked veggie sausage, mushrooms, olives, or sweetcorn (¼ cup). For vegan's ensure all toppings are plant-based and use vegan cheese.