

# Pancakes with Fruit Compote

Cuisine: English

Food category: Desserts



Author: Phil Smith

Company: Retigo



## Program steps

1	Hot air	0 %	Termination by time	00:05	hh:mm	220 °C	+ 100 %	
2	Hot air	100 %	Termination by time	00:30	hh:mm	180 °C	+ 100 %	

## Ingredients - number of portions - 4

Name	Value	Unit
flour	100	g
egg	2	pcs
Whole milk lukewarm	300	ml
Summer Fruits	500	g

## Nutrition and allergens

Allergens: 3

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, Cholin, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	640 kJ
Carbohydrate	31.5 g
Fat	0.8 g
Protein	3 g
Water	0 g

## Directions

Mix the flour, eggs and milk together.

Pre- heat the oven with the Vision snack inside.

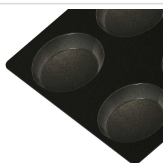
Once hot, take out the tray and put a little oil in each section, then pour in a little of the batter mixture to cover the base.

Then place the tray back into the oven to cook.

When ready, remove the tray and plate up the pancakes and pour over some of the summer fruits.

Repeat until all the mixture has gone.

## Recommended accessories



Vision Snack