



Bulgarian Marudnik Yoghurt Pancakes With Homemade Berry Preserve

Serves: 4 (3 pancakes per person)

Marudnik is a specialty pancake made with yoghurt that originated in the Rhodope Mountain region of Bulgaria. Traditionally, these pancakes are baked on a tikla, which is a heated flat stone and served as the final course of a meal.

Typically, marudnik are served with a wild berry preserve. While this recipe calls for commonly available berries, you can substitute them with other seasonal varieties such as mulberries or boysenberries.

INGREDIENTS

- 1 cup Strawberries - remove stem and cut into quarters lengthways.
- ½ cup Raspberries
- ½ cup Blueberries
- 1 cup Blackberries
- 1 cup Caster Sugar
- 15ml Lemon Juice
- 3 Eggs - crack and beat.
- To Taste - Sea Salt
- 400gm Greek Yoghurt
- 1 tsp Bicarbonate Of Soda
- 100gm Plain Flour - sieve.
- As Required - Canola Oil Spray



METHOD

1. Over a moderate heat, in a saucepan, add the strawberries, raspberries, blueberries and blackberries, sugar and lemon juice, then mix to combine. Bring up to the boil, then reduce the heat and allow to gently simmer, for 20 minutes, stirring regularly, or until the berries have broken down and the preserve has reduced and thickened and lightly coats the back of a mixing spoon. Remove from heat and allow to cool for 10 minutes. Place in a mixing bowl and refrigerate for 8 hours or until chilled and set. Then cover with cling wrap and continue to refrigerate until required.
2. In a mixing bowl, add the eggs and season to taste. Add the Greek yoghurt and bicarbonate of soda, then whisk to combine until the mixture slightly puffs up. Add the flour and lightly whisk until thoroughly combined.
3. Lightly spray oil on a non-stick saute pan and place over a moderate heat. Once hot, add a spoonful of the pancake mixture and quickly swirl the sauté pan so that the mixture forms a 10cm diameter circle. Allow the pancake to cook for 1 minute or until bubbles start to form. Then, using a spatula, carefully flip the pancake over and cook for a further minute or until it is cooked through. Remove the pancake from the sauté pan, set it aside and keep warm. Repeat the cooking process with the remaining pancake mixture.

TO SERVE

Stack the warm pancakes onto a serving board or platter. Place the berry preserve in a serving bowl with a serving spoon and allow guests to serve themselves - enjoy!
