Seasonal Food in Summer

Summer is a lovely time in Tasmania, with sunny days and warm weather. It’s also a great time of year for fresh tasty food. Choose seasonal vegetables like eggplants, sweet corn and zucchini. Try making vegetables such as lettuce, tomatoes, avocadoes and capsicum into a tasty seasonal salad.

The warmer months are also a particularly nice time for fresh seasonal fruits. Tropical fruits such as mangoes and pineapple are at their best, as are cherries, apricots, peaches, nectarines and many different berries! Choose your favourite berries and try making some berry pancakes for a special treat.

**Berry Pancakes:**

**Ingredients:**

1 cup self-raising flour

1 teaspoon baking powder

2 x 200g tubs berry yoghurt

4 eggs (separated)

1 tablespoon of oil or butter

Selection of fresh or frozen berries (try strawberries, raspberries, blueberries, or currants)

**Method:**

1. Sift self-raising flour and baking powder into a large bowl.
2. Make a hollow in centre of the flour and add 1 ½ tubs of yoghurt and the yolks of four eggs. Stir until combined.
3. In a separate bowl, beat egg whites until soft peaks form. Gently fold through the pancake mixture, do not over mix.
4. Heat a large frying pan and brush with oil, and spoon in 2 tablespoons of mixture for each pancake. Reduce heat to low, cook for 1 minute or until bubbles appear then turn and cook for 30 seconds on other side.
5. Remove, keep warm and repeat with rest of mixture (makes 20).
6. To serve, top pancakes with a dollop of yoghurt and a handful of berries.

*Updated August 2019*