

Breakfast



Lemon ricotta hotcakes

with rockmelon balls

Serves 4 | 15 minutes prep | 10 minutes cook

These light, fluffy hotcakes are such a treat for breakfast but would also be beautiful with a scoop of ice cream for dessert.

Ingredients

- 100g plain flour
- 2 tsp baking powder
- Pinch of salt
- 50g caster sugar
- Zest and juice of one lemon
- 1 tsp vanilla paste
- 3 eggs
- 3/4 cup (150g) ricotta
- 1/4 cup (60g) yogurt
- 30g melted butter, cooled (plus extra to serve)

To serve:

- 1/2 rockmelon (or honeydew)
- 1 lemon
- Natural yogurt
- Honey

Sift the flour, baking powder, salt and caster sugar into a large bowl. Whisk together the lemon juice and zest, vanilla, eggs, ricotta, yogurt and melted butter in a medium-sized jug. Fold the wet and dry ingredients together gently.

Melt some extra butter in a large frying pan on medium heat. Drop about 1/4 cup of the batter in one corner of the pan, then two more of the same quantity (roughly) so you are cooking three pancakes at once (or whatever your pan can fit). Cook for a minute, then flip over and cook the other side until both are golden and the hotcakes are fluffy and cooked through.

Keep warm.

Meanwhile, scoop little balls out of your melon and toss in a small bowl with a squeeze of lemon. Serve hotcakes with the melon balls, yogurt and a drizzle of honey.





Clear Fluid options

Roasted vegetable broth

Makes 2L | PREP 10 Mins | COOK 2-3 Hours

This is a great way to put any odd vegetables floating around the bottom of your fridge to good use. The result is a deeply flavoured broth full of veggie goodness that you can heat and sip on as a broth or use as per the bone broth above in soups and sauces.

Ingredients

- 5 cups roughly chopped vegetables (you could use a mix of a couple of chopped onions, some celery, carrots, ears of corn chopped into thirds and leeks)
- 4 big cloves of garlic, peeled and bruised with the flat of a large knife
- 4 tbsp olive oil
- 1 tsp salt
- 6 black peppercorns
- 1 handful parsley
- 2 sprigs thyme
- 1 tbsp Vegemite

Preheat oven to 200C and combine the vegetables in a big tray (or a couple of trays). Drizzle with the oil and sprinkle with salt and pepper. Roast for 45 minutes or until everything is coloured and beginning to caramelise and even burn a bit on the edges.

Tip into a large saucepan, add the remaining ingredients and fill with water so everything is covered. Simmer for two hours. Drain and transfer the stock to a couple of big jars or containers. Keep in the fridge until needed.

