

Gluten Free Kimchee Pancakes

Great and healthy way to eat pancakes in special mornings.

Categories

Gluten-free

Yields: 2 servings

Preparation time: 10 mins

Cooking time: 10 mins

Category: Breakfast



Ingredients

Gluten free all-purpose flour	1 cup
Arrowroot flour	1 tablespoon
Salt	1 dash
Kimchi	230 grams
Water	2/3 cup
Scallions or spring onions, tops and bulb, raw	2 medium - 4 1/8" long
Red bell peppers, raw	1/2 medium - 2 1/2" diameter x 2 3/4"
Carrots, raw	1 small - 5 3/4" long or less
Corn, yellow, cooked from fresh, whole kernel	3 tablespoons
Scallions or spring onions, tops and bulb, raw	1 small - 3" long
Tamari sauce	2 tablespoons
Rice vinegar	1 tablespoon
Sesame oil	1 teaspoon
Coconut sugar, coconut	1/2 teaspoon
Salt, sea salt	1 dash

Instructions

Pancakes:

1. Whisk together the flour, cornstarch, and dash of salt (optional as Kimchee is already salty) in a large bowl.
2. Pour in water and stir. Add kimchee and 3 tbsp kimchee juice and continue stirring until well combined.
3. Heat a large cast iron skillet over medium heat and add about 1 tbsp oil.
4. Once oil is heated pour approximately 3/4 of the batter either into one large pancake or divide into two smaller pancakes. Spread out evenly with a spoon. Spread the vegetables on top and press into the dough. And then top vegetables with remaining batter. Cook pancake/s for about 5 minutes until easy to turn and then cook on the other side for another 3 - 4 minutes.

Sauce:

Whisk together all the sauce ingredients including, finely chopped scallions, tamari, rice vinegar, sesame oil, coconut sugar and salt (salt is optional).

Serve hot with sauce.