

ASIA

HOTTEOK OR SWEET KOREAN PANCAKES

Ingredients (For 2 people)

- 150 g wheat flour
- 1 egg
- 20 ml milk
- 5 g caster sugar
- 4 g fresh yeast
- 1 pinch of salt
- 10 ml hot water
- Cooking oil
- 30 g brown sugar
- 1 pinch of cinnamon (or more to taste)
- 5 g chopped unsalted peanuts
- 5 g chopped walnuts
- 2-3 tbsp honey

Preparation:

Dissolve the yeast in a glass of hot water. Mix well.

In a mixing bowl, combine the sifted flour, salt and sugar.

In another bowl, beat the milk and egg together.

Combine the flour mixture with the milk and egg mixture. Incorporate the dissolved yeast and knead the mixture to obtain a smooth, elastic ball of dough. Add a bit more sifted flour if the mixture is too liquid. Then wrap the ball of dough in plastic wrap and leave to rise at room temperature for 30 to 60 minutes.

During this time, prepare the filling. In a bowl combine the brown sugar, powdered cinnamon, chopped peanuts and walnuts. Add the honey and mix well.

Divide the dough into equal portions for the desired number of hotteoks. Make a well in each hotteok, place a bit of the filling inside, and close the ball around it.

Place the hotteoks in a well-oiled pan, pinched side down. Cook over low heat. Once the hotteoks begin to brown, turn them over and press gently on the tops with the bottom of an oiled recipient to flatten them slightly. Cook them on both sides until they are golden brown like pancakes.

