

Madakkappam - Coconut-filled Pancake

With long daylight hours and late dinners, teatime snacks become important in Kerala to tide one over until the main meal. COCONUT-FILLED PANCAKE makes for an easy snack, and it doubles up as dessert when drizzled over with honey or served with a scoop of ice cream. The coconut is flavored lightly with cardamom, lime juice, or sometimes even rose essence.

Ingredients (To serve 4)

- White flour - 1½ cup
- Baking powder - 1 tsp
- Salt - ¼ tsp
- Large egg - 1
- Grated coconut - ½ cup
- Sugar - 2 tbsp
- Cardamom powder - ½ tsp
- Olive oil - 3 tbsp (for frying)

Utensils

- Sieve
- 2 medium bowls
- Skillet

Preparation (10 minutes)

1. Sift (to aerate) the flour into the bowl.
2. Add the baking powder and salt to the flour.
3. Beat the egg and ½ cup water and add to the flour. Mix. The batter should have a pouring consistency. Keep aside. Makes about 12 pancakes.
4. In the second bowl, mix the sugar, cardamom, and grated coconut. Keep aside.

Cooking (10 minutes)

1. Heat the skillet over high heat.
2. Smear the skillet lightly with oil to prevent the batter from sticking.
3. Pour a spoon of batter into the skillet, spreading it with the back of a spoon, from the center outwards in a circular motion.
4. When the pancake starts to lift up at the edges, flip it over. It should be pale brown.
5. Cook for a few seconds more.
6. Add the coconut mixture into the center of the pancake and fold the pancake over.
7. Repeat.

Serve: Warm.

Nutrition Information

(per serving) %DV

Calories	343	17 %
Carbohydrates	44 gm	15 %
Protein	7 gm	14 %
Fat	15 gm	23 %
Cholesterol	62 mg	21 %
Sodium	170 mg	7 %
Fiber	2 gm	8 %
Calcium	71 mg	7 %
Iron	3 mg	17 %