Coconut Pancakes with Poached Strawberries

**Season:** Winter/Spring  
**Type:** Sweet Dishes  
**Difficulty:** Easy  
**Serves:** 30 tastes in the classroom or 6 serves at home

**Fresh from the garden:** eggs, strawberries  
**Recipe Source:** Adapted from an original recipe by Michelle Lawton

Poaching strawberries brings out their natural sweetness, and the spices used in this dish bring a whole new dimension to the beautiful fresh berry flavour. Make sure your pancakes are light and fluffy by whisking really well. Once you know how, you can have pancakes with poached fruit of any season.

**Equipment:**  
metric measuring cups and scales  
non-stick frying pan  
2 wooden spoons  
3 medium bowls  
sifter  
whisk  
teat towels  
chopping board  
kitchen knife  
heatproof jug  
large non-stick frying pan  
pastry brush  
egg flip  
serving plate for each table

**Ingredients:**  
**For the pancakes:**  
1/2 cup shredded coconut  
2 cups self-raising flour  
1/3 cup castor sugar  
1 cup reduced-fat milk or regular milk  
1/4 cup reduced-fat or regular cream  
3 eggs  
melted butter, for greasing  
**For the strawberries:**  
1 cup water  
1/2 cup honey  
1 star anise  
1 cinnamon stick  
500 g strawberries

**What to do:**  
- Place the coconut in the smaller non-stick frying pan over medium heat and cook, stirring often, for 3 minutes or until golden. Transfer to a medium bowl.  
- Sift the flour over the coconut. Stir in the sugar, then make a well in the centre.  
- Whisk the milk, cream and eggs together in a bowl. Add to the flour mixture a little at a time and stir, drawing in a little flour at a time to make a smooth batter.  
- Hull and halve the strawberries.  
- Place the water, honey, star anise and cinnamon stick in a medium saucepan. Stir over a low heat until the honey melts. Increase heat to high and bring to the boil. Boil uncovered for 10 minutes or until the syrup reduces and thickens slightly.  
- Remove from the heat and stir in the strawberries. Allow to sit for 2 minutes, then strain the syrup into a heatproof jug.