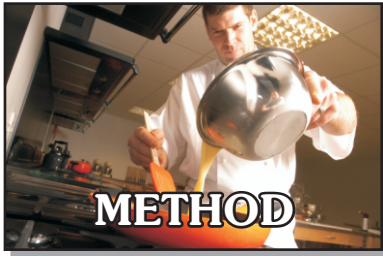


Savoury Pancakes

Pancake Mix		450g	Fish, diced
500ml	Milk	500ml	Fish stock
200g	Plain flour	50g	Flour
2	Eggs	50g	Butter
	Frying oil	1dspn	Dill
		150g	Spinach, washed



Mix together the pancake ingredients into a smooth batter and put to one side.

Place the fish stock into pan and bring to the boil, simmer, add the fish and cook for 2-3 mins. Carefully remove and place on a tray.

Melt butter into another pan. Add the flour and mix together, gradually adding the fish stock. Mix to make a smooth sauce over a medium heat. Gradually bring to the boil and cook out the flour. Season with salt and pepper, add the chopped dill and keep warm.

Make pancake by heating oil in a non-stick pan, just enough to coat the bottom of the pan. Add a small amount of batter to make a thin pancake. Fry for 1 min on each side and repeat.

Add the fish to the sauce and mix carefully. Wilt the spinach in a hot pan and season.

Divide the spinach between the pancakes and add the fish and sauce. Carefully roll p into a cylinder shape and serve.