KIKKOMAN

Vegan pancakes with fennel coleslaw

Total time **70 mins** **40 mins** preparation time **30 mins** cooking time **60 mins** waiting time

INGREDIENTS

10 portion(s)

For the pancakes:

70 g	chilled aquafaba
10 g	icing sugar
10 g	potato starch
600 g	wheat flour
14 g	baking powder
10 g	bicarbonate of soda
700 ml	unsweetened soy milk
20 ml	apple cider vinegar
50 ml	rapeseed oil

For the coleslaw:

300 g	fennel (1 bulb with fronds), finely chopped
500 g	white cabbage, finely chopped
5 g	brown sugar
400 g	oranges
100 ml	Kikkoman Naturally Brewed Soy Sauce
2 g	freshly ground black pepper
20 g	sunflower or pumpkin seeds

Additional:

	pink grapefruit

PREPARATION

Step 1

Beat the chilled aquafaba with a whisk for at least 5 minutes until stiff peaks form. Add the icing sugar and beat for 1 minute. Add the potato starch and beat for a further minute.

Step 2

Mix the wheat flour, baking powder and bicarbonate of soda in a bowl. Mix the soy milk with the cider vinegar and pour it into the bowl along with the oil. Mix all the ingredients vigorously until they combine. Carefully fold in half of the whipped aquafaba, then add the other half.

Step 3

Spoon the batter (approx. 100 g for each pancake) onto a dry, preheated pan and cook the pancakes for 3–4 minutes on each side until golden brown.

Step 4

Separate the fennel fronds for later use. Knead the fennel and cabbage together with sugar and salt in a bowl. Wash one orange with hot water, dry it, and grate some zest. Cut all the oranges in half and squeeze the juice into the cabbage mixture. Add the Kikkoman Soy Sauce and season with the pepper. Mix well, cover, and let stand for 1 hour.

Step 5

Roast the sunflower seeds in a dry pan and leave to cool on a plate.

Step 6

If necessary, drain off excess liquid from the coleslaw.

Step 7

Peel the grapefruit and remove the pith.

Step 8

Layer 2–3 pancakes with the coleslaw and grapefruit alternately. Garnish with the finely chopped fennel fronds.