



Hot way to start the day

Cookery queen and food teacher Dominique Rizzo has the perfect recipe for an indulgent late breakfast: nasturtium and ricotta hot cakes with honeyed strawberry and pistachio salad. Yum!

Ingredients

190g (1¼ cups) self-raising flour
¾ tsp baking powder
2 tbsp castor sugar
10 nasturtium flowers
250ml (1 cup) buttermilk
150g firm ricotta, crumbled
2 eggs, separated
45g butter, melted, cooled
10g (2 tsp) extra butter, for cooking
2 cups strawberries, hulled and sliced
½ cup nasturtium blossoms
10 spearmint leaves
2 tbsp honey
2 tbsp verjuice
¼ cup crushed, toasted pistachios

Method

1. Wipe flowers, tear off petals and set aside.
2. Sift the flour and baking powder into a bowl. Stir in the castor sugar and flowers.



3. Combine buttermilk, egg yolks and melted butter, pour into a well in the centre of the dry ingredients, whisk to a smooth batter, then stir in the ricotta.
4. Whisk egg whites to firm peaks and fold them into the batter.
5. Melt some of the butter in a large non-stick frying pan over medium-low heat.
6. Place 2–3 tablespoons of batter into the pan for each hotcake. Cook for 2–3 minutes, turn and cook a minute more.
7. Put sliced strawberries, flowers and mint in a bowl. Combine honey and verjuice and toss through the strawberries. Garnish with pistachio nuts and put all on hotcakes.