



Get 'em while they're hot

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. Match it with a glass of Lindeman's Early Harvest rose 2010. Yum!

Ingredients

190g (1 1/4cups) self-raising flour
 3/4 tsp baking powder
 2 tbsp castor sugar

10 nasturtium flowers
 250mls (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
 1/3 cup nasturtium blossoms
 10 spearmint leaves
 2 tbsp honey
 2 tbsp verjuice
 1/4 cup crushed, toasted pistachios

Method

1. Wipe over the flowers, making sure they are free from insects. Tear off the petals and set aside.
2. Sift the flour and baking powder into a medium mixing bowl. Stir in the castor sugar and flowers.
3. Combine the buttermilk, egg yolks and melted butter in a jug. Make a well in the centre of the dry ingredients. Pour in the milk mixture and whisk to a smooth batter, then stir in the ricotta.
4. Whisk the egg whites to firm peaks and fold the whites 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 the batter into the pan for each hotcake. Cook for 2-3 minutes or until small bubbles appear on the surface. Turn and cook for one minute or until golden and cooked through. Remove from the pan and keep warm. Repeat with the remaining butter and hotcake batter.
7. Place the sliced strawberries, flowers and mint into a bowl. Combine the honey and verjuice and toss through the strawberries. Garnish with the toasted pistachio nuts.
8. Place the hotcakes on serving plates. Top with the strawberry salad and serve with fresh cream, yoghurt or ice-cream.