

Korean seafood pancake (haemul pajeon)

Seafood pancake fingers with a dipping sauce.

This is a recipe from Korea¹.

If you are overgenerous with the seafood cooking the second side of the pancake is quite difficult!

This is a **Fairtrade** rework of a recipe² first published in the *Weekend Guardian* on 6th April, 2013.

Ingredients

- 100 g prawns, peeled and cooked
- 1 red pepper
- 4 spring onions
- 30 ml fresh herbs
- 85 g plain flour
- 1 egg
- 125 ml milk
- 10 ml **FAIRTRADE** olive oil

For the sauce

- 3 tbsp **Fairtrade** soy sauce
- 1 tsp cider vinegar
- 1/2 tsp sesame oil
- 1 tsp **FAIRTRADE** caster sugar
- pinch ground chilli
- 1 clove garlic
- 1 spring onion, finely chopped

saucepan, with a touch of oil and a splash of Fairtrade white wine, for about 3 minutes.

Beat the flour, egg and milk together to make a thick batter. Tip in the prawns, pepper, onions and coriander and stir to coat. Put the olive oil in a non-stick frying pan and heat to hot.

Tip in the batter mixture. Cook on a medium heat for 7-10 minutes, until the pancake is almost set and the bottom crisp and golden.

Flip the pancake over and cook for 2 more minutes, until browned on both sides. Cut in half, then cut each half into 5 fingers.

Mix all dipping sauce ingredients together and serve in a ramekin with the pancake fingers.

Method

Defrost the prawns if necessary.

Remove any pith or stalk from the pepper and chop small.

Skin the onions and chop small.

Wash the herbs and chop them finely.

Cook the prawns over medium heat in a

¹http://www.fairtradecookbook.org.uk/countries/korea_south.htm

²<http://www.guardian.co.uk/lifeandstyle/2013/apr/06/readers-recipe-swap-500-calories>