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**ACF Legumes from Europe Online Competition Recipe Template**

**Dish Title Bean pancakes with Erica’s ham, Morell, porcini and gruyere cheese Bechamel sauce.**

**Ingredients**

**Ingredient Piccalilli**

* 200gm apple
* 150gm Shallots
* 150gm cucumber
* 150gm apple green peeled
* 1 ½ tsp salt
* 5 cup vinegar apple cider
* 80gm sugar
* 2 tsp turmeric
* 1 ½ mustard
* 1 ½ ginger
* 1/8 all spice
* ½ cup plain flour
* Jars for preserving - 5 gms added to the plate

Fromage affine au champagne rose- 8 gms added to the plate

Micro herbs 1 gram

Radish slice 3 grams

**Pancake batter**

* Two cans of cannellini beans weight 480 gm dried in oven yield 110gm of bean flour and 56gm shells removed.
* Grind to flour.
* 2 eggs
* 200ml milk
* 50gm flour
* 2gm baking powder

Makes 5 pancakes

Bean 480gm 96gm per pancake

Other ingredients 432 gm 86gm per pancake

**Pancake filling**

Dried morell 3gms

Dried porcini 3gms

Erica’s ham 50 gms

Gruyere 20 gms 76 gm = 7.6 gm per pancake

**Bechamel**

Milk 240gm or 200ml

Flour 20gm

Butter 20gm

Salt pepper to taste batch mixture – 280gm enough for 10 pancakes = 28gm per pancake

**Method**

**Bechamel**

* Place butter in a heavy bottomed pan to gently melt, add flour and cook until it forms a sandy texture, but remains a golden colour do not allow it to brown, keep temperature low.
* Warm milk, soak Morels and porcini in the warm milk
* Add strained milk to the butter and flour mix slowly in 3 lots while beating the sauce to a smooth texture with a spatula in between milk being added.
* Fold in gruyere, followed by in the chopped mushrooms and ham and heat to a least 70 c remove from heat will form a firm binding sauce.

**Piccalilli**

* Chop the vegetables and fruit to the desired size
* Cover the vegetable with water and salt and leave for 1 hour.
* Drain the vegetable put into a small saucepan add the turmeric, mustard, ginger, all spice , vinegar and sugar to the pan.
* Sterilize the Jar in a pot of simmering water for 10 minutes will the Piccalilli is cooking.
* Simmer the vegetables until partially tender make a paste with the flour by adding a little water and add to the mixture.
* Cook to ensure the mixture has thickened and the flour is cooked.
* Fill the jar with the hot relish and seal the jar allow to cool.
* Piccalilli flavour improves over time as the spices infuse and blend ideally allow the piccalilli 3 weeks on the shelf in the jar prior to use.

**Pancake batter**

Crack eggs into a bowl and beat with milk.

Add bean flour to the bowl and mix.

Sieve flour and baking powder into the bowl mix to form batter.

**Presentation-**

