



# THE ingles TABLE

with Gigi Stewart

Gluten-Free Korean Vegetable Pancakes (Jeon)

## Shopping List

### For the pancakes

- 1 cup grated zucchini
- 1 cup grated sweet potato
- ½ cup red bell pepper
- 1 small yellow onion, thinly sliced
- 4 green onions, thinly sliced
- 1 ½ cups Laura Lynn Gluten-Free Pancake and Baking Mix
- 1 large egg
- 1 to 1 ½ cups water
- ½ teaspoon saltx
- Coconut oil (for frying)

### For the sauce

- 3 tablespoons gluten-free soy sauce
- 2 tablespoons rice vinegar
- ¼ teaspoon garlic powder
- ¼ teaspoon ground ginger
- Pinch red pepper flakes, optional

## Cooking Instructions

1) Make the sauce first by whisking all sauce ingredients together in a small bowl; set aside until time to serve the pancakes.

2) Arrange all ingredients before beginning. Have a large skillet, spatula and holding plate ready by the stove top for frying the pancakes once the batter is mixed.

3) In a mixing bowl, combine vegetables, baking mix, egg and salt. Stir/toss and then begin adding water. Add 1 cup to start, then add additional water 1 tablespoon at a time (to make a maximum total of 1 ½ cups of water) as needed to get the right consistency in the batter. It should be thinner than traditional (breakfast style) pancake batter.

4) Once the batter is mixed, heat 2 teaspoons of coconut oil in the skillet over medium-high heat. You want the pan hot, but not smoking, so monitor the heat during cooking, as it will change during the cooking process.

5) When the pan is hot, use a measuring cup or spoon to pour ¼ cup of batter onto the pan, spreading out with the back of a spoon or a small spatula. Cook about 4 minutes per side, until pancakes are crispy and browned on each side.

6) Transfer cooked pancakes to a holding plate while you use all the batter. Add more coconut oil to the pan as needed when frying pancakes (they will absorb the oil).

7) Once all the batter is used, you are ready to serve the pancakes with the dipping sauce. These make a great side dish, but you can also add very thinly sliced cooked meat or poultry to make them a main dish.



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