

Sri Lankan Pancakes

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Country/region: Sri Lanka

Sri Lankan coconut pancakes are a delicious breakfast/tea time snack made with sweet coconut filling wrapped in a thin crepe. One of my favorites, and they are very easy to make.

These Sri Lankan coconut pancakes are far different from the common American pancakes that everyone knows. The sweet coconut filling is traditionally made with Kithul treacle. (similar to Maple Syrup) Kithul is a palm family tree that is native to some south Asian and southeast Asian countries. Kithul treacle is made out of the sap from Kithul trees. Sri Lankans use this treacle as a substitute for sugar and make many different sweets. Since Kithul treacle is a rare commodity to find in the US, we use dark brown sugar as a substitute.



Ingredients For the Pancake batter (අවශ්‍ය ද්‍රව්‍ය : පැන්කේක් මිශ්‍රණය):

- 2 cups all-purpose flour (සියළු අරමුණු පිටි කෝප්ප 2)
- 2 eggs (බිත්තර 2)
- 3 cups coconut milk (පොල්කිරි කෝප්ප 3)
- ¼ teaspoon salt (ලුණු තේ හැඳි ¼)
- ¼ teaspoon turmeric powder (කහ කුඩු තේ හැඳි ¼)

Ingredients for the Filling (අවශ්‍ය ද්‍රව්‍ය: පැණි පොල්)

- 2 cups grated fresh/frozen coconut (ගා ගන්න පොල් කෝප්ප 2-)
- 1 ½ cup dark brown sugar (තද දුඹුරු සීනි කෝප්ප 1 ½)
- salt to taste (ලුණු ටිකක්)
- 3 pods ground cardamom (කුඩු කරගන්න කරදමුංගු ටිකක්)
- ½ cup hot water (උණු වතුර - කෝප්ප ½)

Other (අනෙකුත් ද්‍රව්‍ය)

- Butter or Oil (coconut/canola/vegetable) as needed to grease the pan [බටර් හෝ තෙල් (පොල්තෙල් / කැනෝලා / එළවළු) අවශ්‍ය ප්‍රමාණයට]

Instructions: Filling

1. Put some sugar into a pan and let it melt. Heat sugar until it gets golden brown. Make sure not to overheat it. If overheated, coconut filling will get a bitter taste.
2. When sugar gets golden brown add hot water into this.
3. Then add ground cardamom and salt. After that add rest of the sugar.
4. When sugar starts bubbling, add grated coconut and mix thoroughly. Cook for a few minutes until excess water evaporates. But, don't let it over dry.

Instructions: Making Pancake Batter

1. Add all the ingredients listed under “for the pancake batter” into a blender and blend to get a smooth lump-free batter. Add flour if the batter is too runny and add a bit of coconut milk if the batter is too thick. The consistency should be a little thicker than heavy whipping cream.
2. Heat a small non-stick frying pan and add two-three drops of oil (butter). Then wipe out the oil with a paper towel. Keep the heat on medium-low.
3. Add a ladle full of batter to the pan and swirl it around to spread it. Let the pancake cook until it looks cooked all the way through. Flip sides.
4. Use a spatula to loosen up the pancake from the pan. It should loosen up the pancake from the pan. It should loosen up very easily. If not, leave it on the heat for a few seconds. Transfer the pancake onto a plate when it’s done.
5. Place some filling on the pancake, closer to one side. Cover it up with as shown in the photo. This way it makes it easier to roll.
6. Gently but somewhat tightly, roll the pancake. Do this step when the pancake is warm and flexible. While you roll the pancake, you can pour batter into the pan for the next one.
7. Enjoy!

