

MUSHROOM ROSEMARY DINNER PANCAKES

Pancake inspired by a pancake recipe from Madhur Jaffrey's World Vegetarian



INGREDIENTS

PANCAKE

1 cup garbanzo bean flour
½ tsp Himalayan salt
1 cup water (or liquid from the reconstituted mushrooms)
3 Tbs. olive oil

TOPPINGS

2 heads roasted garlic
½ cup dried mushroom mix, chopped once reconstituted
½ large onion, sliced into moons and caramelized
1-2 tsp oil
½ tsp fresh rosemary, chopped
½ tsp. Himalayan salt
pepper to taste

Set the oven to broil.

Pour hot water over the mushrooms to reconstitute.

Place the garbanzo bean flour, salt, and ½ tsp of fresh chopped rosemary in a mixing bowl. Use a whisk and incorporate well. Combine well with the water (or 1 cup of cooled liquid from the reconstituted mushrooms) and olive oil. Once mixed well, set aside for 30 minutes.

Place the onion and 2 tsp. of oil in a sauté pan and caramelize.

Mix together the roasted garlic, chopped mushrooms, salt, pepper, and ½ tsp chopped fresh rosemary.

Pour 1/3 cup of pancake batter into a lightly greased pan (spread out the batter). While the pancake begins to cook, top it with some of the topping mixture. Once the pancakes have browned, set it aside until all of the pancakes are browned and ready to go into the oven.

Once all of the pancakes have been browned, place them directly on the oven rack under the broiler for 8-10 minutes (you may need to rotate them after 4-5 minutes). Broiling the pancakes will make sure that the batter on the top cooks through.

Serve with a nice salad or some steamed veggies on the side.

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