

JAPANESE STYLE PANCAKES WITH  
MISO CARAMEL & DARK CHOCOLATE

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Gary Parsons, *H&B Executive Chef*

**HARVEY & BROCKLESS**

*the fine food co*

Whatever we do, from sourcing amazing food  
to delivering it on time,  
we always stick to one simple rule...

*an absolute dedication to honest, authentic, remarkable food.*

JAPANESE STYLE PANCAKES WITH  
MISO CARAMEL & DARK CHOCOLATE

*Chef Gary Parsons*

*Ingredients*

SERVES 6

<b>HS735 Harvey &amp; Brockless Kitchen Miso Caramel Sauce</b>	<b>100g</b>
<b>CH027 Valrhona Guanaja 70% Dark Chocolate</b>	<b>40g</b>
Plain flour	100g
Large eggs	2 eggs
Baking powder	5g
Honey	15g
Yutaka Mirin, sweet rice seasoning	15g
Water	15ml
Sugar	80g



### *Method*

1. Combine the flour and baking powder and sift twice into a large mixing bowl.
2. In a small bowl, combine honey, mirin and water and stir until combines fully.
3. In a separate mixing bowl, break the eggs and lightly whisk. Add the sugar to the eggs and continue beating until the sugar dissolves and the egg mixture lightens in colour.
4. Add the honey mixture and the flour mixture all at once. Stir with a whisk until the batter is smooth and free of lumps. The batter should be a bit thick, and not too runny. It should be able to run off the whisk or spoon smoothly.
5. Cover the bowl with cling film. Place it in the fridge to rest the batter for 30 minutes.
6. Heat a pancake pan over low-medium heat for about 5 minutes until moderately hot, Brush the surface of the pan very sparingly with a bit of oil, wipe off any residue with a paper towel.
7. Pour the batter from 8 inches (20 cm) above the pan, forming a pancake 3 inches (7 – 8 cm) in diameter. Cover with a heatproof lid and cook over low heat.
8. Once the pancake surface bubbles, 45 seconds to a 1 minute, flip quickly with a spatula. Fry for another 25 to 30 seconds, or until the bottom is lightly browned.
9. Place the pancake onto a plate and cover it with a damp cloth to keep it from drying. Once you have cooked 2 pancakes to make a pair, place the lighter sides (the bottoms) of pancakes together. Again, keep them covered with a tea towel on the plate or sheet pan. Repeat the process until all the remaining batter is used up.
10. Spread the Miso Caramel Sauce with the back of the metal spoon, leaving the edges clean. Cover with the second pancake. Press the edges together to seal. Dust with icing sugar and grate the Valrhona chocolate over the pancakes.

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### *Harvey & Brockless Miso Caramel Sauce*

Harvey & Brockless Kitchen's very own sweet, moreish and umami flavoured miso caramel, this delicious sauce elevates any dessert.

### *Valrhona Guanaja 70% Dark Chocolate*

Guanaja, the iconic dark chocolate of Valrhona, created with a complex blend of different aromatic profiles

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