Mandarin Pancakes

Yield

16 pancakes (serving size: 1 pancake)

By **NINA SIMONDS** January 2001
COOKING LIGHT

Ingredients

- 2 cups all-purpose flour
- 1 cup boiling water
- 1 1/2 tablespoons dark sesame oil

Nutritional Information

•Calories 64, •Caloriesfromfat 20%, •Fat 1.4g, •Satfat 0.2g, •Monofat 0.5g, •Polyfat 0.6g, •Protein 1.5g, •Carbohydrate 11g, •Fiber 0.4g, •Cholesterol 0.0mg, •Iron 0.7mg, •Sodium 0.0mg, •Calcium 2mg.

How to Make It

Step 1 Lightly spoon the flour into dry measuring cups; level with a knife. Combine flour and water in a large bowl. Stir until a soft dough forms. Turn the dough out onto a lightly floured surface. Knead until smooth and elastic (about 3 minutes). Shape the dough into a 1 1/2-inch-thick log. Divide the dough into 16 equal portions. Roll each dough portion into a 6-inch circle on a lightly floured surface. Brush 8 pancakes evenly with oil. Top each with one of the remaining pancakes, gently pressing together.

Step 2 Heat a medium nonstick skillet over medium-high heat. Place 1 pancake stack in pan, and cook 1 minute on each side or until slightly puffed. Remove from pan, and cool. Peel pancakes apart.