



Greek Pancakes

15'
Hands on

1 h 15 m'
Hands off

20'
Cook Time

10
Portion(s)

2
Difficulty



Ingredients

For the pancakes

- 500 g hard flour
- 1 1/2 teaspoon(s) yeast
- 30 g olive oil
- 280-300 g water
- 1/2 teaspoon(s) salt
- seed oil, for frying

To serve

- [strawberry jam](#)
- icing sugar
- 30 g butter, melted
- 50 g granulated sugar
- 1 tablespoon(s) cinnamon
- 100 g honey
- 40 g hazelnuts, crumbled

Method

In the old days, pancakes were an integral part of everyday food. After kneading, a part of the dough became bread, another pie and a third part ended up in the pan and became a delicious and golden "dganitis". Pancakes were called "dganitis" due to the pan used by cooks to make them ("dgan-" means pan in the local dialect). Pancakes were round and large, perfect to satisfy the hunger and fill the farmers working all day in the fields with energy. To make them more delicious, housewives sprinkled them with mizithra (a ricotta-like cheese) or touloumotyri. They are also known as "katimeria", Samian pancakes endured the passage of time and are now served as a traditional delight along with some goat cheese or sundried grape must.

- In a [bowl](#), add the flour and the yeast and mix with a spoon.
- Add the olive oil and continue mixing.
- Add the water and the salt and mix until you have a soft, smooth dough. You can also mix with your hands.
- Cover the dough with a towel or a plastic wrap and set it in a warm place for about 1 hour so that it rises. It should double in size.
- Dust the kitchen counter with flour and place the dough on the counter. Knead and let it rest for approximately 15 minutes.
- Cut balls of dough (in the size of a large walnut). Roll them out a little with the rolling pin or with your hand and sauté them in a [pan](#) in which you have added sunflower oil (2 cm deep and heated over 180°C / 350* F). Turn over the pancakes once or twice.
- Serve along with any side dish you like.

Tip

If you fry them, pancakes increase in volume. You can fill them with marmalade and sprinkle them with icing sugar, garnish them with cinnamon and sugar or drizzle with honey.

Διατροφικός πίνακας

Nutrition information per portion

238 Calories (kcal)	7.1 Total Fat (g)	1.3 Saturated Fat (g)	36.0 Total Carbs (g)
12%	10%	7%	14%
0.0 Sugars (g)	6.5 Protein (g)	1.7 Fibre (g)	0.25 Sodium (g)
0%	13%	7%	4%