

# Product Information Sheet



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**PRODUCT:** MALORA PANCAKE / FLAPJACK MIX      **KEY FEATURES – PANCAKE / FLAPJACK MIX**

**PRODUCT BRIEF:** Multi functional Pancake or Flapjack Pre-mix with neutral taste and low sugar.

Malora Baking Range was designed with the objective to deliver convenience and consistent quality to our customers.

**INGREDIENTS:** Cake Flour, Milk Solids, Sugar, Baking powder, Emulsifiers, Whole Egg Powder, Salt and Flavouring.

**NB – Easy to use.**  
**NB – Consistent portion cost**  
**NB – Consistent quality and flavour.**

**PACK SIZES:** 2,5 Kg and 10 Kg

**Please visit our website for Recipes and Product Data Sheets if you require any further information**

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## **PANCAKE MIXING INSTRUCTIONS**

To 1 kg Pancake mix add 2 litre water. Whisk until smooth. Pre-heat a lightly oiled pan over medium heat. Add a thin layer of pancake batter to the pan. Cook until lightly browned on the underside and then flip and repeat.

## **YIELD**

1 Kg Pancake mix plus 2 litre water makes 3 Kg pancake batter.  
3 Kg pancake batter yield 50 by 60 gram pancakes.

## **SERVING SUGGESTIONS**

### ***Traditional Sweet Pancake***

Sprinkle cinnamon sugar over a cooked pancake and roll while hot.

### ***Filled Sweet Pancake***

Spread chopped banana and caramel on a cooked pancake and roll.

Spread a jam of your choice over cooked pancake and roll, serve with cream, ice cream or Malora Custard.

\*Use Malora Cheesecake mix or Malora Chocolate mousse for a rich gourmet filling.

### ***Light Meal Options***

Fill pancake with Chicken, Tuna or Egg mayo

Fill pancake with savoury mince flavoured with a Malora Premium Cooking Pre-mix.

Use the Malora Savoury Mince, Malora Stroganoff (for a creamy mushroom taste) or any of the other relevant cooking pre-mixes.

Roll pancake and serve with Malora White Sauce or Cheese Sauce, sprinkle with herbs or paprika.

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## **Main Meal Options**

### ***Beef / Chicken Lasagne***

Use cooked pancakes in place of traditional lasagne sheets, the pancakes calculate as a more economical option.

Cook pancakes and cut and layer them as if lasagne sheets.

Flavour mince with Imperial Tomato and Onion Relish and then layer with Malora White, Cheese or Bechamel Sauce.

Flavour chicken with Malora Chicken Casserole or ala King Premix and then layer with Malora Cheese or White Sauce.

Assemble lasagne as normal, sprinkle with cheese and bake. Baking time will be shorter as pancakes are already cooked.

### ***Beef / Chicken Cannelloni***

Use cooked pancakes in place of traditional cannelloni tubes, the pancakes calculate as a more economical option.

Roll pancake and fill with mince flavoured with Malora Savoury Mince Cooking Premix or chicken strips flavoured with Malora Chicken ala King Cooking Premix for best results.

Place filled pancakes in an oven safe dish and top with Malora Cheese sauce or Malora White sauce.

Sprinkle with cheese and bake. Baking time will be shorter as pancakes are already cooked.

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## **FLAPJACK MIXING INSTRUCTIONS**

To 1 kg Flapjack mix add 1 litre water. Whisk until smooth. Pre-heat a lightly oiled pan over medium heat. Pour a ladle of flapjack mix into the pan. Cook until lightly browned on the bottom and then flip and repeat.

## **YIELD**

1 Kg Flapjack mix plus 1 litre water makes 2 Kg flapjack batter.  
2 Kg flapjack batter yield 25 by 80 gram flapjacks.

## **SERVING SUGGESTIONS**

### ***Breakfast Flapjacks***

Served with stewed or fresh fruit and yoghurt

### ***Traditional Flapjacks***

Served with jam and cream

### ***Light snack***

Served with golden syrup or honey.  
Served with crispy bacon and maple syrup.  
Served with peanut butter and syrup.  
Served with chocolate sauce and ice cream.

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## ***Gourmet Flapjacks***

To 1 kg Flapjack mix add 1 litre water. Whisk until smooth.  
Add chocolate chips or blueberries to the mixture for a Choc Chip or Blueberry Flapjack.  
Pre-heat a lightly oiled pan over medium heat.  
Pour a ladle of flapjack mix into the pan.  
Cook until lightly browned on the bottom then flip and repeat.  
Serve with cream or ice Cream

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<b>MALORA</b>	
<b>PANCAKE / FLAPJACK</b>	Per 100 g Powder
Energy (kj)	1652
Protein (g)	9,7
Glyceamic carbohydrates (g)	79,5
of which total Sugars (g)	17,7
of which total Starch (g)	57,1
of which total Lactose (g)	3,7
Total Fat (g)	3,6
Saturated fat (g)	0,0
of which Trans fat (g)	0,0
Dietary Fibre (g)	2,4
Sodium (mg)	546
All results calculated	