



# Chong You Bing (Spring Onion Pancakes)

## INGREDIENTS:

- 250g plain flour, plus some extra for rolling out the dough
- ½ tsp salt
- 1 tbsp coconut oil
- 22ml boiling water
- 3 tbsp sesame oil
- 3 spring onions, finely chopped
- ¼ cup sunflower oil, for pan-frying

## METHOD:

1. Prepare all of the ingredients based on the instructions in the ingredients list
2. Sift the flour and salt into a large mixing bowl and stir to combine
3. Mix the coconut oil and boiling water together in the heatproof jug
4. Ask an adult to pour the hot water and oil mixture into the combined flour and salt, and mix well
5. Ask an adult to tip the hot dough on a bench and knead for 5 minutes until smooth and elastic
6. Return the dough to the bowl and leave to rest for 20 minutes
7. Lightly flour a bench or work surface and shape the rested dough into a long roll with your hands
8. Divide the length of dough into 20-24 equal portions
9. Using a small rolling pin, roll out one piece of dough into a 12cm circle
10. Dip the pastry brush into a small bowl of sesame oil and brush the dough circle, stopping just before the rim of the circle
11. Scatter 1 tbsp of the sliced spring onion onto the oiled surface of the dough
12. Lift the side of the dough circle nearest to you and roll the dough into a thin sausage, pinching the ends to seal. Flatten slightly, then roll up the dough again from one end to the other like a snail



13. Repeat until all the remaining dough is used. Cover with a tea towel
14. Rest for another 20 minutes
15. Flatten a coil of dough and roll out into a 10cm disc. Do not worry if the surface cracks as you roll. Dust lightly with flour if required
16. Repeat with the remaining coils of dough
17. Rest the pancake dough again for 10 minutes before cooking
18. Heat a frying pan over medium heat and add 1 tbsp of oil
19. Fry 2-3 pancakes at a time in the pan, 2-3 minutes on each side, until crisp and gold-spotted
20. Serve hot

