

Reconciliation Week Mission: Wattle seed Palačinke

Croatian-style crepes with an Indigenous Australian Wattle seed.

The Ingredient List

2 Eggs

1 cup Plain flour

1 cup Milk

½ cup Sparkling water (The Croatian secret for light, bubbly crepes!)

1 tablespoon Sugar

1 tablespoon Roasted Wattle seed (Our Indigenous star ingredient)

2 tablespoons Melted butter (plus a little extra for the pan)

A tiny pinch of Salt

Equipment

Large mixing bowl

Whisk

Measuring cups and spoons

Ladle

Non-stick frying pan

Egg flip (Spatula)

What To Do

1. The Dry Mix

The Task: In your large bowl, whisk the flour, sugar, salt, and wattle seed together.

The Lesson: Look at the wattle seed—it looks like dark "freckles" in the flour. Give it a smell; it should smell like roasted coffee!

2. The Wet Mix

The Task: In a separate jug, whisk the eggs and milk together.

The Goal: Slowly pour the milk mixture into the flour bowl while whisking. Keep going until all the lumps have disappeared.

3. The Croatian Secret (Sparkling Water)

The Task: Gently stir in the sparkling water and the melted butter.

The Science: Notice how the batter gets little bubbles? This is what makes Palačinke so light and thin!

The Rest: Let the batter "rest" for 10 minutes. This gives the wattle seed time to soften and release its flavour.

4. The Swirl and Sizzle

The Task: Heat your pan with a tiny dot of butter. Use a ladle to pour a small amount of batter into the centre.

The Motion: Quickly tilt and swirl the pan so the batter runs all the way to the edges. It should be very thin!

The Flip: Cook for about 1 minute. When the edges start to curl and look like lace, use your egg flip to turn it over. Cook the other side for 30 seconds.

5. The Wrap

The Task: Lay your wattle seed palačinke flat.

The Fill: Spread your Bunya-Pepita Choc Spread in a thin line down the middle.

The Roll: In Croatia, palačinke are often rolled up (rather than folded in a triangle). Roll it up tight and enjoy!

Notes for the Kitchen Class

The Wattle seed comes from the Acacia tree. Indigenous Australians have used these seeds for thousands of years, often grinding them into flour to make "damper" bread.

Palačinke vs. Crepes: "Palačinke" (pronounced pal-a-cheen-keh) is the word for pancakes in Croatia and many other parts of Europe.

Texture Check: The batter should be thin, like pouring cream. If it feels thick like pancake batter, add a little more sparkling water.