



Turnip Pancake

Maintenance/Treatment used: Turnip

Ingredients: (makes 4 pancakes. 1 pancake per serving)

- 1 Chinese sausage
- 2 tablespoons dried shrimp (optional)
- 2 scallions
- 1 cup turnip, grated
- 1 cup all-purpose flour
- 1 tablespoon cornstarch
- 1 teaspoon salt
- 1/8 teaspoon ground white pepper
- 1 egg
- 1 1/4 cup of water
- 1 teaspoon sesame oil
- 2 tablespoons toasted sesame seeds
- Vegetable oil (for cooking)



Instructions:

1. Rinse dried sausage, dice it up, and set it aside. If using bacon, simply cook the bacon until it's crisp and still a bit chewy, then dice. If using the dried shrimp, rinse in warm water and give them a rough chop. Wash and chop the scallions. Set aside 1 tablespoon of the scallion for the dipping sauce.
2. Wash and peel your turnip. Grate 1 cup.
3. Make the batter by putting the flour, cornstarch, salt, white pepper, egg, water, sesame oil, and 1 tablespoon of sesame seeds into a mixing bowl and combining thoroughly. Fold in the sausage, shrimp, and grated turnip
4. Heat a pan over medium-high heat and add 1 teaspoon of oil to the pan. Sprinkle some sesame seeds onto the pan and spoon about 1/2 cup of the batter on top of the sesame seeds. Use a spatula to quickly spread it evenly across the bottom of the pan and form a round pancake. Sprinkle more sesame seeds on top
5. Let the pancake cook for about 3-4 minutes until golden brown on one side. Flip the pancake and press it down. Add a little more oil to the pan if it's dried out. Once that side is golden brown, flip the pancake again and cook on the first side for a minute. Flip again and cook the second side for another minute. Cook each side twice to get the pancake nice and crispy.
6. Cut into wedges and serve.

Please carefully review the ingredients listed above. It is your responsibility to ensure that your child can safely enjoy any of our Southern California Food Allergy Recipes or other food-related documents. Each child in our program has a unique allergic profile and is at a different stage in their journey to food freedom. Use good judgment. If your child has not yet been cleared to consume the foods listed above then choose another recipe or substitute accordingly.

This Recipe Contains The Following Top 8 Allergens As Primary Ingredients: egg, sesame, wheat