



River Cottage Head Chef Gill Meller with his Woodfired ESSE



Gill demonstrating the bread baking capabilities of the ESSE Ironheart at River Cottage HQ



Gill's office - the famous River Cottage HQ in Devon.

Enjoy the authentic original range cooking experience

All ESSE range cookers are renowned for their superb cooking qualities and are equipped with Thermacast ovens that cook in a gentle and indirect way. Natural juices and flavours are sealed in ensuring maximum taste and food will not dry during cooking. All our cookers offer exceptional levels of control with ovens that can be turned up or down almost as conveniently as any modern appliance. Even our best selling woodfired model is surprisingly easy to regulate.



ESSE support UK farmers and food producers. We encourage our customers to buy regional produce whenever possible.

ESSE's trademark 'dog-bone' cast iron hotplate is generously proportioned and pans can be moved with an easy slide action to the required heat zone, perfect for pancakes, controlled simmering or any type of hob top cooking. Heat is retained in the hotplate thanks to ESSE's classic hotplate covers that lift effortlessly on superbly engineered 'easy clean' hinges.

River Cottage cooking with ESSE

As well as our Electric, gas and oil models, ESSE is the cooker of choice for many seeking a wood fired alternative and ESSE is the preferred brand at the famous River Cottage, our cookers can regularly be seen in use on the River Cottage TV programmes. Head Chef Gill cooks on a woodfired ESSE at home as well as using various ESSE models at River Cottage HQ where he also works with us to develop ESSE recipes which can be seen on our website www.esse.com and following the links to Gill's page.

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ESSE

River Cottage Pancake Recipes

Pancake day (Stove Tuesday)



Pancake recipes by Gill Meller
Head Chef at River Cottage

For more River Cottage recipes by
Gill visit our website and follow
the links to Gill's page

www.esse.com

Wholemeal ESSE Hot plate cakes

Ingredients to make 15 or so depending on size

Whole meal self raising flour - 250g
Baking powder - 1 teaspoon
Caster sugar - 25g
Free-range eggs - 2
Fresh milk - 275ml
Butter (melted) - 25g
A pinch of salt
ESSE range cooker - simmering plate

This recipe for my little hot plate pancakes is quick, easy and delicious. I use self raising flour which means they rise slightly on cooking, the result being lighter and more textured than traditional pancakes.

This recipe can be customised in many ways. Adding different flavours and spices is part of the fun. For instance, grating a little blue cheese into the batter and serving them with thick slices of roast ham would make a beautiful Sunday night supper. Alternatively adding some cinnamon and a little chopped apple to the batter would make a perfect desert, served hot with vanilla ice cream.

Cooking these pancakes directly on the plate is immensely satisfying and not at all messy. You can make big ones or small, it's up to you.

I keep a tea towel by my ESSE for cleaning up the plate. Giving it a good firm rub will polish it up perfectly for cooking on.

1. Sift the flour, baking powder and salt into a large bowl and stir in the caster sugar. Make a well in the flour and break the eggs into the middle. Pour in about half the milk. Whisk, gently at first, and then as you start to get a thick paste, add the more milk and the melted butter. Beat until you get a good, thick creamy batter – you might not need all the milk.

2. Lift the lid on the right hand plate. Check the temperature, the dial should be reading in the middle of hot. Use a spoon to dollop the batter directly onto the clean plate. You should be able to fit 3 - 4 on at a time depending on the size. After about a minute, little bubbles will start to appear on the surface of the cakes. As soon as they cover the surface, flip them over with a spatula or thin palette knife.

3. Cook the other side for a further minute or so, then transfer them to a warm plate and cover them with a clean tea towel so they stay soft – or hand over to those waiting eagerly to get stuck in. Cook the remaining batter in the same way, adjusting the area on which you're cooking over if they are getting too brown too quickly.

Note: For the savoury variation omit the sugar before adding your cheese or chopped bacon or sauté onion etc.

Serve with: Butter and caster sugar, strawberry jam, honey, lemon curd or anything you like.

Traditional 'flipping' pancakes

Ingredients to make about 15

Plain flour - 250g
Free-range eggs - 2
Fresh milk - 500ml
A little Sunflower oil for frying
A pinch of salt

Pre-fire your Esse to somewhere between hot and very hot

1. Sift the flour and salt into the mixing bowl. Make a well in the middle of the flour and break in the eggs.

2. Pour in half the milk and start to mix the eggs and milk with the balloon whisk, whisking in the flour from the edges a little at a time. Add the rest of the milk and keep on whisking until there are no more lumps of flour. Pour the batter into the jug. It may still be quite thick at this stage so whisk in extra milk just a little at a time until you get the right consistency – not quite as thick as single cream, but certainly thicker than milk!

3. Put a non-stick frying pan on the hotter of the 2 plates. Add about a tablespoon of sunflower oil, swirl it round the pan and then pour the excess into the cup so that just a slick of oil stays in the pan.

4. When the oil is hot pour a little of the batter into the pan. How much to pour really depends on the size of your pan but you need to leave plenty of room for the pancake to spread out (use a ladle if it helps you to judge the right amount of liquid each time). Immediately tilt and rotate the pan so that the batter runs across the base and doesn't sit in a big lump in the middle.

5. As the pancake sets, loosen the edge of it with the palette knife. Shake the pan gently so that you know the pancake hasn't stuck (a bit of work with the knife if it has; don't worry, the first one often does). Flip the pancake over and cook the other side for a few seconds – the second side is much quicker to cook. (Notice the intricate patterns left behind by the hot oil; each one different, like a fingerprint.)

6. Slide the pancake out of the pan and on to a warm plate. Cook the rest of the pancakes as before.

Note for 'Flippers': Flipping is the best bit so don't be afraid to give it a go... give the pan a vigorous shake to make sure the pancake is not sticking, then use the side of the pan as a launch ramp and remember it takes less effort than you think. You want to 'land it' not attach it to the ceiling! Always use a non-stick pan and make sure it's not too heavy otherwise you will find them hard to flip.

Hopefully you'll be up for giving the flip a go but if not, you can turn your pancakes with the palette knife or a wide spatula.

Serve with: Caster sugar, freshly squeezed lemon or orange juice, strawberry jam, honey, lemon curd or anything you like.