



EMILY DOBBS' SRI LANKAN EGG HOPPER

The Humble Hopper. 'Fermented pancake made with coconut milk and rice flour'. Traditionally, egg and plain hoppers are served at breakfast or as a street-food snack in the towns of Sri Lanka. Tear and enjoy!

Prep time 45 minutes | Cook Time 5 minutes | Serves 1

20g dried yeast

400ml coconut milk

1 tbsp caster sugar

300g red (or white) rice flour, sifted

300g tapioca flour and 200g trisol

400g coconut milk

1tsp bicarbonate of soda, sifted

Around 500ml fizzy water

1 Clarence Court hen egg

To make the hopper batter, combine dried yeast, sugar and coconut milk. Set aside for 30 minutes to allow the sugar and yeast to react and ferment. After this time, add the tapioca flour, salt, bicarbonate of soda, and fizzy water and stir into a pancake batter. Let sit for 10-15 minutes.

Oil your hopper pan, and heat the pan to a medium temperature. Pour a ladle full of your batter into your pre-heated pan, swirl around whilst holding each handle, pour out any excess batter and place back on the heat.

Crack your egg in the middle and place the lid on the hopper pan. Steam your egg hopper on a medium heat for 2-3 minutes.

Once cooked, carefully remove from the heat and turn out onto a plate, ready to eat. Season as desired and enjoy!



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