



Nature's Balance Acupuncture
260 E. Congress Parkway, Suite D
Crystal Lake, IL 60014
815.788.8383 Office • 815.788.8367 Fax
www.NaturesBalanceAcupuncture.com

The Chinese Herbal Cookbook by Penelope Ody

Cinnamon Pancakes

Chinese cinnamon (*Rou Gui*) is a potent tonic for kidney *yang* which warms and strengthens kidney *Qi*. It is also traditionally regarded as a sexual tonic for both men and women. *Rou Gui* is much richer tasting than the culinary cinnamon commonly used in the West, so try to use the Chinese variety if you can in this recipe.

The cranberries are cleansing for the urinary system, so this dish will also be helpful to those with a tendency for problems such as cystitis.

Serves 4-6

For the topping:

175g/6oz fresh or frozen cranberries
225g/8oz clear honey or maple syrup
2 tablespoons orange juice

For the pancakes:

225g/8oz organic plain flour (brown or white)
115g/4oz soft brown sugar
1 teaspoon baking powder
½ teaspoon *Rou Gui*
Pinch of salt
275ml/½ pint cow's milk or soya milk
1 large egg
2-3 tablespoons olive oil

Start by making the cranberry and honey topping. Combine the cranberries, 175g/6oz honey or maple syrup and the orange juice in a small saucepan. Bring to the boil and simmer uncovered, for 20 minutes. The berries will soften, colouring and flavouring the syrup.

Add the remaining honey or maple syrup and simmer for a further 5 minutes. Strain and discard the cranberries, reserving the syrup. Set aside and keep warm.

To make the pancakes, mix together the flour, sugar baking powder *Rou Gui* and salt. In another bowl, whisk together the milk and egg. Pour this mixture over the dry ingredients and whisk well.

Heat a frying pan, brush with a little oil, then ladle a little of the pancake mixture into the pan to form a thin coating. Fry for 2-3 minutes, then toss/turn the pancake and cook on the other side until golden. Keep the pancakes hot by stacking them on a plate set on top of a bowl of very hot water while you cook the rest.

Serve the pancakes with a little of the cranberry-flavoured syrup.

The cranberry topping will keep in a clean jar for 2 weeks in the refrigerator. Reheat before serving by heating the jar in a saucepan of hot water.