



Now legendary and a super popular festival and street food, the green onion cake is said to have been introduced to Edmontonians by restaurateur Sui To who immigrated to Canada from Northern China. They're irresistible as a snack or as a meal accompaniment.

Number of servings: Makes 10 cakes

Preparation time: 20 minutes

Total time: 1 hour, 45 minutes

*Allergy-Friendly
Recipe*

Green Onion Cakes

 **The
Allergy-Friendly
Kitchen**

Presented by Food Allergy Canada and Pfizer Canada

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Nutrition information	
Per cake	
Amount	% Daily Value
Calories 120	
Fat 6 g	8 %
Saturated 0.5 g	2 %
+ Trans 0 g	
Cholesterol 0 mg	0 %
Sodium 32 mg	1 %
Carbohydrates 14 g	5 %
Fibre 2 g	9 %
Sugars 3 g	
Protein 4 g	
Vitamin A	4 %
Vitamin C	3 %
Calcium	2 %
Iron	7 %

High in: Folate.

Ingredients

Measurement		Item
2 cups	500 mL	Chickpea flour
½ cup	125 mL	Tapioca flour
½ tsp	3 mL	Xanthan gum
Pinch	Pinch	Iodized salt
¾ cup	175 mL	Hot water
1 tsp	5 mL	Sugar
1 cup	250 mL	Green onion, finely chopped
2-4 tbsp	30-60 mL	Canola oil



* Note: Read recipes carefully to ensure you are not allergic to any ingredients.

* Reminder: Read food labels each and every time you buy something. Manufacturers can change their production process and alter their products at any time.

Instructions:

- In a medium mixing bowl, mix flours, xanthan gum and salt, and set aside.
- In another bowl, mix sugar and hot water until sugar is dissolved.
- Slowly incorporate the water mixture into the flour until the flour forms dough.
- Knead the dough until smooth. If your dough is too dry, add a little more water. If it's too wet, add a bit more flour.
- Once dough is smooth, place in a clean bowl and cover with plastic wrap. Refrigerate for a minimum of 1 hour.
- Remove from refrigerator and roll dough into a long log. Cut into 10 equal portions.
- Take one portion and cover the remaining dough with plastic wrap or a damp towel. On a floured surface, roll dough into a ball then flatten into a thin pancake. Sprinkle the top with green onion and roll the pancake into a cigar shape. Take the two ends of the dough and coil them upwards. Flatten again with the palm of your hand and roll into a circle about 13 centimetres or five inches in diameter.
- Set aside under plastic wrap and repeat with the remaining portions.
- Heat a medium sized frying pan or skillet, on medium to medium high heat, and add enough canola oil to coat the bottom of the pan.
- Once hot, fry the cakes on each side until golden brown (approx. 1-2 mins each side).