



Cooking together on Pancake Day.

Mix a pancake, stir a pancake, pop it in the pan, catch it if you can! Sing the traditional rhyme together as you mix the batter to make pancakes on Shrove Tuesday. Then add either sweet or savoury fillings or keep it simple with lemon juice and sugar.

Pancakes are traditionally eaten on Shrove Tuesday which marks the beginning of Lent in the Christian faith. At one time people fasted through out lent so they tried to eat up all the rich food in the house. Pancakes were a good way of using up butter and eggs. There are different variations around the world, for example French crepes, Russian blini, American buttermilk pancakes and Mexican tortillas and enchiladas.

Pancakes are often served simply with lemon and sugar but there are lots of fillings, both savoury and sweet to explore. Children can be involved with measuring and mixing but should only watch the cooking as the frying pan must be very hot to ensure crisp pancakes.

Pancake Batter

Makes about 12 pancakes.

125g plain flour.
Pinch of salt
2 eggs, beaten
260ml milk.
1 tbsp sunflower oil for frying.

Sieve the flour and salt into a mixing bowl and make a well in the centre.

Break the eggs into a smaller bowl beat them and poor into the well of flour.

Pour in a third of the milk and start mixing, gradually incorporating the flour. Add the rest of the milk in small amounts, beating well after each addition.

The finished mixture should be smooth and the consistency of single cream.

Heat the frying pan and wipe over with kitchen paper dipped in oil, completely coating the surface.

Pour some batter into the pan, tilting it to cover the base completely, and cook over a fairly high heat until set. Flip over to cook the other side briefly.

Tip out onto plate and repeat process with the rest of the mixture.

Sprinkle with caster sugar and a squeeze of lemon juice, roll or fold and eat while still warm.

Fillings

Sweet fillings – maple syrup, honey, jam, caster sugar or chocolate sauce.

Fruit fillings – warm pureed apple, crushed raspberries, strawberries or blueberries with a little whipped cream.

Savoury fillings – tomato and cream cheese or mushroom and sour cream. These should be prepared before you start to fry your pancakes.

