

Pancakes

Pancake Day falls on what we call Shrove Tuesday. Shrove Tuesday is the day that precedes Ash Wednesday and therefore the feast before beginning Lent. Lent is the 40 days that lead up to Easter and is traditionally used as a time for fasting. Shrove Tuesday is meant to be used as the last chance to use up any eggs and fats before embarking on Lent. Clearing the kitchen cupboards of things like eggs, milk and sugar to alleviate any temptations during the fasting period. In turn, people make pancakes!



Main Ingredients:

125g Milk
50g Plain Flour
25g Butter
1 Small Egg
Pinch of Salt



Please bring a container to carry the pancakes home in.

Filling Ingredients: Only bring enough to fill one pancake to sensory test in school

Banana
Caster Sugar
Cheese
Chocolate Spread: Ensure the spread **DOES NOT** include nuts.
Golden Syrup
Ham
Honey
Jam
Lemons / Oranges



Method:

1. Weigh and measure out all the ingredients accurately.
2. Sieve the flour into a large bowl. Add a pinch of salt.
3. Crack the egg into a small bowl and check for any shell.
4. Place a jug on the weighing scales and weigh out 75ml of milk.
5. Transfer the egg into the jug and whisk together with a fork.
6. Using a balloon whisk, gradually add the milk / egg mixture into the large bowl and whisk until all the ingredients are incorporated and you have a smooth batter.
7. Pour the batter back into the measuring jug.
8. Place a small frying pan at the front of the hob, DO NOT turn on.
9. Add a little butter, NOT all of it, and melt on a low heat. When the butter is hot, pour in enough batter to cover the base of the frying pan, allow to cook for 1 to 2 minutes then using a fish slice to turn over and cook on the other side for 1 to 2 minutes.
10. Using the fish slice, remove from the frying pan and set to one side.
11. Add some more butter and repeat until all the batter has gone.
12. Fill one pancake with your chosen filling.
13. When placing your pancakes in your container to take home, place greaseproof paper between them to stop them sticking together.