

PANCAKES

Makes approximately 6-8 pancakes

Equipment

2 mixing bowls
Sieve
Fork or whisk
Frying pan
Ladle
Fish slice or spatula
Measuring jug

Ingredients

225g plain flour
2 eggs
Pinch of salt
300ml milk
25ml oil

To serve: lemon and sugar or fresh fruit and ice cream. For savoury pancakes, fill them with grated cheese, spinach or ham.

Assemble all the ingredients and equipment you will need to make **RECIPE TITLE**. Do you recognise all the ingredients and equipment? If not, ask an adult to explain them to you. Make sure you wash your hands and wear a clean apron.

METHOD

1. Sift the flour into a large mixing bowl. Add a small pinch of salt.
2. Break the eggs into a different mixing bowl. Whisk the egg with a whisk or fork.
3. Pour the milk into the bowl with the eggs.
4. Add the flour to the milk and egg mixture very slowly. Beat well with the whisk and make sure all the flour is incorporated into the mixture.
5. Once the mixture is smooth and has no lumps in it, it is ready to use.
6. Heat 1tsp oil in a frying pan over a medium/high heat. Once the oil and the pan are hot, carefully pour or spoon (using the ladle) some of the batter (approx 100ml) into the centre of the pan.
7. Move the pan in a circular motion so the batter spreads and covers the base of the pan with a thin, even layer.
8. Allow the pancake to brown on one side for about 3 minutes. Make sure you give the pancake time to cook and don't turn it over too early!
9. Using a fish slice or spatula, loosen the edges of the pancake from the pan and then toss or turn the pancake over on to the other side. Cook the second side for a further 1 minute. Each pancake will vary in its cooking time depending on the thickness of the batter and the heat of the pan. Don't worry if your first pancake sticks as this often happens!
10. Repeat this process to make more pancakes but only heat 1/2tsp oil at the beginning.
11. Pancakes can be served with a squeeze of lemon juice and a sprinkling of sugar or a selection of your favourite fresh fruit and a scoop of ice cream.

- Everyone should help with the clearing up and tidying away. This part is just as important as the cooking and can be as much fun!
- Never serve piping hot food straight from the oven or grill. Always allow it to cool slightly first.

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