

How to... Make perfect pancakes

What you need (Makes 12)

- 100g plain flour
- Pinch of salt
- 2 eggs
- 300ml milk
- 1 tablespoon of oil (vegetable or sunflower oil), plus some for the pan
- A sieve
- A large bowl
- A whisk
- A frying pan
- A ladle
- A spatula

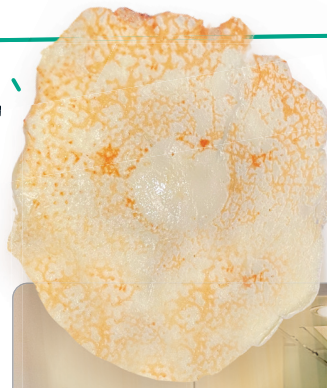


Get your frying pans ready and prepare for pancakes: on 21 February, it's Pancake Day. Traditionally called Shrove Tuesday, this is the day before the start of Lent. This is an important time for Christians and marks the start of the weeks leading up to Easter. In the Bible, it was a time when Jesus went into the desert to fast (not eat). For Lent today, people give up treats, such as cake or chocolate. The tradition of making pancakes is a way to use up rich food like butter and eggs before Lent. In some countries, such as the US, Shrove Tuesday is called "Fat Tuesday".

Wherever you are, it's the perfect excuse to make – and eat – the perfect pancake. Now for the big decision: will you eat yours with lemon and sugar, chocolate spread, or something else?

Allergy information

Ingredients in **bold** are allergens. Allergens are substances that can cause allergic reactions in some people. If you have a food allergy, carefully check the items listed. You can find more information at tinyurl.com/TWJ-allergy



EXTRA TREATS

In Poland, it's traditional to eat doughnuts ("pączki") on the Thursday before Lent.

WARNING!

Pans are flipping hot, so don't try to flip without asking an adult.

Will you go for a "ceiling flip"?



1 Prepare your workspace. Wash your hands and put on an apron. Gather your utensils, measure out the ingredients and place them on the work surface.



2 Sift the flour into the bowl using the sieve. Sprinkle in the salt. Make a dip in the middle of the mixture and pour the eggs into it. Now pour in the milk and add the oil.



3 Whisk the mixture until it's smooth and there are no lumps. This is your pancake batter. Put the batter in the fridge for at least 30 minutes to let it settle and cool.



4 Take the frying pan and add a little oil. With the help of an adult, turn on the hob. Warm the oil and gently tilt the pan to swirl it around so it coats the bottom.



5 When the oil is hot, add the batter. Using a ladle, slowly and carefully pour some batter into the pan until it covers the bottom. You can tilt the pan to help the mixture spread out evenly.



6 Cook for a minute, then use a spatula to turn the pancake and cook the other side. Feeling brave? Ask an adult to help you flip it (throw and catch with the pan). Slide onto a plate and serve.

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SCAN ME