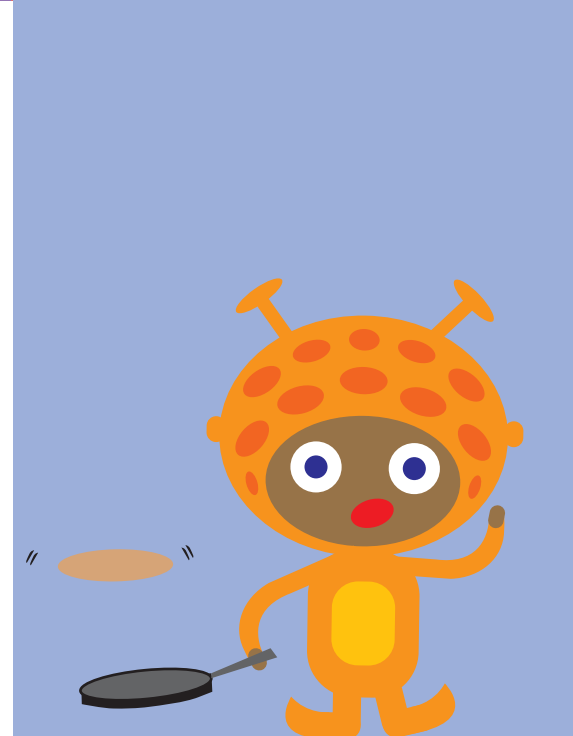


A Practical Guide



Perfect Pancakes



Pancake Day

This fun filled day is a great excuse to feast on pancakes and experiment with crazy toppings until you burst! Also known as 'Shrove Tuesday', or 'Fat Tuesday', it is traditionally a day to use up left over eggs and fat before the start of lent, when these foods are prohibited for 40 days. So the question we all ask is 'which topping comes top'?

Basic Pancake Recipe

Preparation time less than 10 mins

Cooking time less than 5 mins

Ingredients for 12-14 pancakes

*110g/4oz plain flour, sifted
pinch of salt
2 eggs
200ml/7fl oz milk mixed with 75ml/3fl oz water
50g/2oz butter
caster sugar
lemon juice*

Method

- Sift the flour and salt into a large mixing bowl.
- Make a well in the centre of the flour and break the eggs into it.
- Begin stirring in the eggs.
- Gradually add small quantities of the milk and water mixture, still whisking gently.
- Beat together until all the liquid has been added and the batter has the consistency of cream.
- Melt the butter in a frying pan.
- Spoon 2 tbsp of it into the batter and whisk it in. Use the rest of the butter to grease the frying pan before you make each pancake.
- Get the pan really hot, then turn the heat down to medium.
- Ladle 2 tbsp of the batter into the hot pan all in one go.
- Swirl the batter around to evenly coat the base of the pan.
- After about half a minute, and when the bottom is tinged gold, flip the pancake over. The other side will only need a few seconds to cook.
- Slide the pancake out of the pan onto a plate.
- Stack the pancakes between sheets of greaseproof paper on a plate fitted over shimmering water, to keep them warm while you make the rest.
- When ready to serve, sprinkle each pancake with freshly squeezed lemon juice and caster sugar.



For a fruity twist on the traditional recipe, try adding the juice of a fresh orange to your mixture instead of water. If you're going to be pushed for time on Pancake Day, you can always make the batter the night before - just cover it with clingfilm and keep in the fridge!

Keep reading for top tips on flipping your pancakes and some alternative sweet and savoury toppings!





Flip It!

If you're feeling brave, have some fun and flip your pancakes! It's easy - take the pan away from the hob into an open space. Tip it downwards and as the pancake slips towards the edge of the pan, pull up in the same motion and flick your wrists back towards yourself. Follow the path of the pancake in the air so you're ready to catch it!

Don't worry about height until you've had some practice. Remember it's all in the wrists!

Classic Toppings

- Syrup (Golden or Maple)
- Lemon & Sugar
- Strawberry Jam
- Chocolate Sauce

Special Treats

- Banana & Honey
- Strawberries, raspberries & a dusting of sugar
- Syrup & chopped walnuts
- Syrup & Ice cream
- Chocolate Spread & Banana
- Syrup & Blueberries
- Whipped Cream & Strawberries

Swap Sugar for Savoury

Simply add the following pre-prepared ingredients to your normal pancake batter before frying and flipping: -

- Bacon & Chive
- Leek & Onion
- Tuna & Prawn
- Pesto & Ham

The Professor says: "Did you know the world's biggest pancake was cooked in Rochdale in 1994. It was an amazing 15 metres in diameter, weighed three tonnes and had an estimated two million calories."