

Pancakes

Today's lesson is a step by step guide on how to make pancakes. There are different ways of making pancakes, below is the recipe for traditional pancakes.

Equipment

- A large bowl and weighing scales
- A spoon (to mix)
- A fork or whisk
- A sieve (to sieve the flour into the bowl)
- A frying pan (to cook the pancakes in)
- A spatula (to help turn the pancakes over whilst they are cooking).



Ingredients

- 110g/4oz plain flour
- pinch of salt
- 2 eggs
- 200ml/7fl oz milk mixed with 75ml/3fl oz water
- A couple of tablespoons (tbsp) of butter or oil or margarine to help stop the pancake mixture from sticking
- Any yummy topping of your choice!



Washing hands

It is really important that before you start to make the pancake mixture, that you wash your hands before and afterwards for at least 20 seconds. You will also need a grown up to help you when cooking the pancakes, as the pan can get very hot. Finally, do not eat the pancake mixture before it has been cooked, as raw eggs can make children and grownups poorly.



How to make the mixture and cook the pancakes.

- In a large bowl sift the flour and pinch of salt, make a hole (like a well) in the middle of the flour and salt mixture.



- Carefully break the eggs into the middle of the flour and salt mixture and whisk.



- Next slowly whisk in the milk and water, adding a little at a time, until the mixture has no lumps in it.



- Put the mixture in the fridge for about 30 minutes, then take it out of the fridge



(For the next 3 steps you will need a grown up to help you)

- **With a grown up**, make sure that the frying pan is hot enough. when it is, turn the heat down to medium and put a little bit of the oil/butter/margarine into the pan, so that the pancake mixture won't stick.



- **With a grown up**, pour a small amount of the batter into the frying pan and move it around until the bottom of the pan has a thin layer of mixture.



- Finally, wait for about 30 seconds and then turn the pancake over (as the pan will still be hot **ask a grown up** to help you with this). After a few seconds of cooking the pancake on the other side, it should now be ready to eat.



- Serve onto a plate and add your favourite toppings!



Further challenges.

- Draw a picture of your favourite foods
- Look at some recipes online/in a book and have a go at cooking them
- Upload pictures of your cooking onto your ClassDojo page.



Further links

Click on the link below to go to the Newsround web site on the BBC for more information, videos and facts about pancakes.

<https://www.bbc.co.uk/newsround/14169054>

CBBC also has some yummy recipes for you to try go to;

<https://www.bbc.co.uk/cbbc/curations/cbbc-recipes>