

Perfect Pancakes



Ingredients

115g of plain flour (preferably wholemeal)

1 egg

210ml semi skimmed milk

90ml water

Sunflower oil

Equipment

Mixing bowl

Wooden spoon

Measuring jug

Sieve

Tablespoon

Non-stick frying pan

Spatula

Method:

- 1) Put the flour into a mixing bowl then use the back of a spoon to push it out to the edges so you have a well in the centre.
- 2) Crack the egg into the middle of the bowl then gradually beat this into the flour using a wooden spoon.
- 3) Mix together the milk and water in a jug then beat this into the egg and flour until you have a smooth liquid - if it's lumpy, squash the mixture against the sides of the bowl or put it through a fine sieve.
- 4) Stir in 1 tablespoon of oil then put the mixture in the fridge for 20 minutes.

For this next part you will **need an adult** to help you cook the pancakes.

- 5) Heat a little oil in a non-stick frying pan.
- 6) Pour 3 tablespoons of pancake batter into the pan.
- 7) Swirl the mixture around and cook on one side for a minute.
- 8) Flip the pancake over using a spatula and cook the other side for a minute.

Below are some yummy toppings you could add to your pancake:

Lemon juice and honey
Grated apples
Strawberries & raspberries
Chopped dried apricots

Mashed avocado
Grated cheese
Peanut butter
Grated carrot with sultanas

Remember to email a picture of your creation to recipeoftheweek@smmj.org.uk

to be displayed on the school website.

