



PANCAKE DAY!



This is a delicious recipe that doesn't use eggs.

The quantities given are ideal for a group cooking session of 4 children. Mix and cook the pancakes in the traditional way.

PREPARATION....

You will need

1 small plastic cup and spoon per child
A plate each with a name label.

This mix is enough for 4 children.

6ozs Flour

1Tbsp Baking Powder – If plain flour is used

1 Tbsp sugar

Pinch of salt

1/2 pint semi skimmed milk

2 Tbsp vegetable oil

Lemon juice

Caster sugar to turn pancake out onto.

Oil to cook, Frying pan & cooker!



METHOD

- Mix the milk & oil together in a jug.
- Pour this into the children's 4 individual cups.
- In a separate bowl combine the flour, salt & sugar include the baking powder if Plain flour has been used .
- Allow the children to scoop up 2 large desert spoonfuls of flour into their cup & mix to a thickish consistency.
- Once done pass over to be cooked – squirt with a little lemon juice & turn the pancake over.
- Once browned on both sides turn out onto some sprinkled sugar & drizzle with syrup – chocolate sauce or other !
- Roll up & serve with cream or leave plain.



Cook the pancakes away from all the children as the heat needed to fry batter can cause nasty burns.

Name.....

Today we made Pancakes

I mixed flour, oil and milk together to make a batter.
Then it was cooked to make delicious pancakes.

On the top of my pancake I put

.....



Plate labels ~ print, cut out, add the children's name & stick to the pancake serving plate.

Whose pancake is this?

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www.Silkysteps.com



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