

Fun stuff!

Perfect pancakes!

What you'll need

- 100g plain flour
- 2 eggs
- 300ml semi-skimmed milk
- Pinch of salt
- 1tbsp sunflower/vegetable oil
- Butter for frying
- Bowl
- Whisk / fork
- Frying pan
- Ladle
- Fish slice
- YUMMY TOPPINGS** Lemon, chocolate spread, marshmallows, fruit – or whatever you fancy!

Always get an adult to help you with the cooking!

Start Here

Get flipping this Shrove Tuesday, 8 March, with these tasty treats...

1 Take a bowl and pour in the milk and oil, then break in the eggs. Now take the whisk and beat the ingredients together to make a frothy mixture!

2 Once that's done, take another bowl and mix together the flour and a pinch of salt with your hands. Messy!

3 Now slowly pour the liquid into the middle of the flour mixture, whisking all the time, until the batter you're making is quite runny. If it's a little lumpy, keep whisking away until your pancake mix is nice and smooth!

4 With an adult's help, warm the frying pan to a medium heat, then add a little butter. Once it's melted, ladle in enough pancake mix to cover the bottom of the pan, then tilt it in a circular motion so the mix spreads evenly. Now you're cooking!

5 Now for the fun bit! When your pancake starts to turn brown underneath, hold the pan handle in one hand, slide the spatula under the pancake and flip it over. Next, ask an adult to help you flip it the fancy way!

6 Repeat steps one to four for each pancake and stack them high! For toppings: lemon juice and sugar are traditional. But you can also try chocolate spread, peanut butter, fruit, marshmallows, whipped cream or a healthy dollop of yoghurt. Happy Pancake Day!

TOP TIP! Fry onion and bacon, then mix them on your pancake with grated cheese for a savoury snack!

FIVE FAB PANCAKE FACTS!

1 Pancake Day, also called Shrove Tuesday, marks the day before Lent – a religious festival. This is when people give up favourite foods for the 40 days leading up to Easter. Could you do that?!



2 In other countries, Pancake Day is celebrated as *Mardi Gras* – French for 'Fat Tuesday'. Huge parties draw crowds of people in amazing costumes. Woo-hoo!



3 In 2009, 175 friends broke a world record by making a whopping 76,382 pancakes in just eight hours! Then 25,000 lucky people tucked into the batter dishes for breakfast. Yum!



4 In parts of England, rhymes are sung on Pancake Day. Try this one out... 'Tippety tippety-ten, give me a pancake and I'll come in, Tippety-tippety-toe, give me a pancake and then I'll go!'



5 Chef Aldo Zilli set the world record for the highest pancake toss in 2005, flipping a pancake a dizzy 3.29m into the air! The largest pancake ever flipped was 15m wide and weighed three tons. Imagine eating all that!



Q Why did the atoms disappear? A It was time to split!

Q Why was the broom late? A It over-swept!