

Pancakes

Ingredients

125g self raising flour	Banana and syrup	make the batter without caster sugar.
180ml milk	Chocolate and raspberries	
1 egg (medium)		
Suggested fillings:	They can also be use as a starter	Oil for frying (from school)
100g fruit, e.g. blueberries,	so if you want to make them into	6-8 slices of ham
raspberries,	savoury pancakes	60g canned pineapple pieces - drained
banana, sultanas	these could be suitable fillings. –	60g cheddar cheese
oil for frying	remember to	
Lemon and sugar		

This recipe can be eaten in the lesson, if desired

Method

1. Sift the flour into the mixing bowl.
2. Break the egg into the separate bowl and beat with the fork.
3. Make a well in the flour and add the egg mixing with the wooden spoon.
4. Gradually add the milk, mixing well to remove any lumps.
5. Pour the mixture into the measuring jug.
6. Prepare filling, chop fruit to small sizes.
7. Add a little oil to a frying pan on a medium heat.
8. Pour three tablespoons of the mixture in the centre of the frying pan.
9. Cook until bubbles appear on the surface and then turn using the fish slice.
10. Cook the underside of the pancake for one minute or until golden brown.
11. Add the filling and then roll up pancakes with them in the middle.