

Pancake recipe

Makes about six pancakes

Ingredients

- 100g flour
- 1 egg
- 280 ml milk/milk with water
- A pinch of salt
- Oil for frying
- Sugar, golden syrup, lemon, or whatever you like to go on your pancake



Method

Important note: pancakes need to be fried in hot oil. Hot oil can be very dangerous! Make sure you ask an adult to help you with this recipe.

1. Sieve the flour into a bowl and make a well in the centre.
2. Put the egg, milk and salt into the well you made in the flour. Stir the ingredients, gradually mixing in the flour from the sides.
3. When all the flour is mixed in, whisk the mixture to a smooth batter and pour it into a jug.
4. Leave the batter to stand if there is time.
5. Ask an adult to heat a little oil in a small non-stick frying pan. When the oil is hot, carefully pour in enough batter to just cover the bottom of the pan thinly.
6. Cook for a few seconds. Use a spatula to check the underside of the pancake. When it is brown, toss or turn it with a spatula and cook the other side.
7. Slide the pancake onto a plate and sprinkle it with sugar or a spoonful of golden syrup. Pour on lemon juice to taste.
8. Roll up the pancake or fold it in half and enjoy!