

pancakes



Shrove Tuesday (or Pancake Tuesday) is the last day of feasting before Lent begins on Ash Wednesday. The date varies as it is linked to the date of Easter each year. It is celebrated throughout the UK by the cooking and eating of pancakes. These are traditionally served with caster sugar and lemon juice.

prep time	cook time	serves	category
5 + 30 min	10 min	6 pancakes	G free option; V

things you need

120g (4oz) plain flour (use spelt flour as a gluten-free option)
2 eggs
210ml (7 fl oz) milk
90ml (3 fl oz) water

Pinch of salt
1 tbsp vegetable oil
butter, for frying
caster sugar & lemon wedges

here's how

- 1 Mix the flour and salt together in a large bowl.
- 2 Make a well in the centre and crack in the eggs
- 3 In a separate bowl mix together the milk and the water
- 4 Beat the eggs into the flour with a wooden spoon and gradually beat in the milk and water mixture to get a smooth liquid the consistency of single cream
- 5 Stir in the oil and allow to stand for 30 minutes before using
- 6 Heat a non-stick frying pan until very hot, then add a small knob of butter. Ladle in a ladleful of the batter, quickly turning the pan to coat the base evenly with the batter. Cook for 30 seconds to one minute, until the base is lightly browned
- 7 Using a knife, gently flip the pancake over and cook on the other side for a few seconds, until lightly browned. Slide the pancake onto a plate, cover with greaseproof paper and keep warm. Repeat the process with the remaining batter
- 8 To serve, sprinkle the pancakes with caster sugar and lemon juice, then fold twice to form triangles. Serve the lemon wedges alongside.

helpful notes

- You can serve in the traditional way or with your choice of fruit and/or maple syrup.