



## **Pancakes.**

To make pancakes you need some basic equipment, alongside a reliable recipe for the batter.

Key items of equipment are:-

Large shallow frying pan

Palette knife

Frying slice

Electric whisk/beater



## **Preparation**

Make your batter ahead, either first thing in the morning or give it at least 30 minutes to rest before using. It is always good to have everything you need to hand so prepare your ingredients ahead especially the lemons, oil, butter, sugar, fruit etc. so that you can cook and serve immediately.



## **Pancakes - basic recipe from the WI.**

Traditionally made on Shrove Tuesday to use up all the flour and eggs in the house prior to Lent, pancakes can be eaten on their own, with a sprinkling of sugar or filled with either sweet or savoury mixtures

### **Makes 10 Pancakes**

100g Plain Flour

Pinch Salt

225ml Milk

50ml Water

1 Egg and 1 yolk – free range give a richer colour and flavour

25g melted Butter or Oil

### **Method**

- Sieve the flour and salt.
- Mix the milk and water.
- Make a well in the centre of the flour mix and tip in the egg, yolk and a little of the liquid.
- Beat these together. Then start to draw down the flour from the sides of the bowl, adding more and more liquid.
- When all the flour is incorporated add the melted butter and beat well for several minutes. The mixture should be the consistency of single cream
- Leave to stand for at least 1 hour (and less than 24.)
- To cook, heat the pancake pan then brush with oil and pour enough batter to cover the base thinly.
- When the pancake begins to set and change colour due to the heat, loosen with a palette knife and toss.
- Cook the other side a few more minutes.
- Place on a warm plate whilst you prepare all the pancakes
- Serve sprinkled with sugar and lemon juice

### **Tips**

Many fillings can be used, sweet or savoury such as pureed apple, plum, rhubarb, cherries. Savoury fillings can be used to turn this dish into a main meal.

Pancakes can be stored in the fridge for 2 days or frozen, if covered and individually separated with greaseproof paper.



### **An alternative pancake recipe.**

This one is from Good Housekeeping and I have used it many times because it was the one my mother used every year!

To make eight pancakes, you will need:

125g (4oz) plain flour  
Pinch of salt  
1 medium egg  
300ml (½ pint) milk  
Oil or butter to fry

- Sift the flour and salt, make a well in the middle and whisk in the egg. Whisk in the milk, then leave to stand for 20mins.
- Heat a pan and coat lightly with oil or butter. Add a small ladleful or large serving spoon of batter and tilt the pan to coat thinly.
- Fry the pancake for 1½-2mins until golden, carefully turning once.

### **Quick tips for perfect pancakes**

Rest pancake batter for 20 minutes and you'll get a lighter pancake.

Always weigh out your ingredients. Too much flour and not enough milk will result in a dense pancake.

When frying, use an equal mix of butter and oil - using just enough to coat the bottom of the pan. The butter helps with flavour and the oil stops the butter from burning.

Flip your pancake when the edges look set and dry.

And only flip your pancake once - otherwise it will be tough.

Don't worry if the first pancake doesn't come out right - use it to test the temperature of the pan and adjust accordingly.



Those questions you wondered what the answer was.

Q: Should you rest the batter or not and, if so, how long for?

A: Always rest pancake batter for at least 20min – this allows the starch granules in the flour to swell up, resulting in a lighter cooked pancake.

Q: How important is it to weigh out ingredients for pancake batter and why?

A: Stick to the recipe! I would never recommend making pancake batter by eye – a little too much flour or not enough milk would result in a dense pancake, while an extra egg will make your pancakes firm and rubbery. For consistent results, I always recommend weighing ingredients in all recipes; a good electronic scale is so useful in the kitchen for all ingredients, including liquids.

Q: When is the right time to turn the pancake? And how many times should you turn it?

A: When you see the edges of the pancake batter starting to look set and dry, gently lift the edge up with a palette knife to see if the pancake is lightly golden underneath. If it is, this is the optimum time to flip. The temperature of your pan will determine how soon your pancake is ready to turn. Your first pancake is always a test for the pan, so adjust your temperature accordingly to get a perfect, golden pancake. Only turn once – no more or your pancake will be tough.

Q: Should you use butter or oil in the pan or nothing at all?

A: I would recommend frying pancakes with oil and butter in equal quantities, but only use enough to lightly coat the pan. I use butter for flavour and to give a golden colour, and the oil helps to prevent the butter from burning.



## American Style Pancakes

These fluffy, thick pancakes make a change from traditional crêpes and can even be served with crispy bacon, if you dare.

### Ingredients

150 g (5oz) plain flour  
1 tsp baking powder  
75g (3oz) caster sugar  
1 large egg  
150 ml (5 fl oz (¼ pint)) milk  
250 g (9oz) blueberries or any fruit you like  
25 g (1oz) butter  
4 tsp oil

- Sift flour and baking powder into a large bowl. Stir in sugar. In a jug, beat the egg and milk. Make a well in the flour and gradually pour egg mixture into it, slowly incorporating flour into the middle and stirring until smooth. Fold through 150g (5oz) of the blueberries. If you have time, put in the fridge for 30min to rest.
- Add 1 heaped tsp butter and 1tsp oil to a frying pan set over a medium-high heat. Once it has stopped foaming, spoon **1tbsp** of batter per pancake into the pan, leaving at least 3cm (1¼in) gap between each. Work in batches, frying pancakes for 2min per side or until golden, and adding extra butter and oil as needed. Remove pancakes to a warm plate and cover with foil to keep warm. Serve a stack of three to four pancakes per person with the extra blueberries, and maple syrup drizzled over. Dust with icing sugar to serve.



