



American Pancakes (Makes 10 small pancakes)

The perfect weekend breakfast – just add your favourite ingredients into the mix or on top once cooked. Our favourites are blueberries or pea, cheese and mint. No weighing for this recipe – all you need is a cup and a teaspoon.

Ingredients:

Basic mix
1 medium egg
1 teacup self-raising flour
1 tsp. Baking powder
1 teacup milk
 A little oil for cooking

Equipment:

Teacup
 Mixing bowl
 Teaspoon
 Whisk
 Frying pan
 Heatproof brush or spray oil
 Ladle or jug for pouring
 Fish slice or spatula

Instructions

1. Crack the egg into a mixing bowl. Discard the shell and wash your hands
2. measure all of the other ingredients into your mixing bowl
3. Beat the mixture until it is smooth and lump free
4. At this stage you may like to add in extra ingredients like grated cheese, blueberries, chopped herbs or mashed banana. Don't overmix if you do – keep the batter so that you can see pieces of your extra ingredients
5. Brush or spray the pan with oil and place on a medium to high heat
6. when the oil 'shimmers' with the heat carefully spoon or pour small rounds of batter into the pan. These pancakes cook really quickly so not too many at once
7. Flip the pancakes over, using a spatula or fish slice, when bubbles start to appear on the surface. The second side will take about half the time of the first side to cook.
8. As the pan will already be quite hot, turn down the heat slightly before repeating the steps until the batter is used up

Skills used include:

Weighing, whisking, frying.
ALLERGENS HIGHLIGHTED IN BOLD

