MAKING PANCAKES

15+
YEAR OLDS

you will need:

4 oz flour
1 egg, beaten
1/2 pint of milk
Large pinch of salt

to mix:

Place the flour in a bowl and add the pinch of salt. Make a well in the centre and pour in the beaten egg. Add the milk a little at a time and mix well to form a smooth batter.

Leave your batter to stand for a while. This helps the flour swell and the batter will become thicker.

to cook:

Pour a small amount of oil onto some kitchen paper and wipe the frying pan with it. Heat the pan until it begins to smoke, then add some of the batter, swirling it to cover the pan evenly but not too thickly. Cook until the edges of the pancake a slightly browned underneath, then flip it over and cook for a few seconds on the other side.

If you are making a batch of pancakes, place a layer of cling film between each one to prevent them sticking together.