

Parent Guide

How can I use this with my children?

These pancake recipes are great for you to try making with your child on Pancake Day or for a special breakfast.

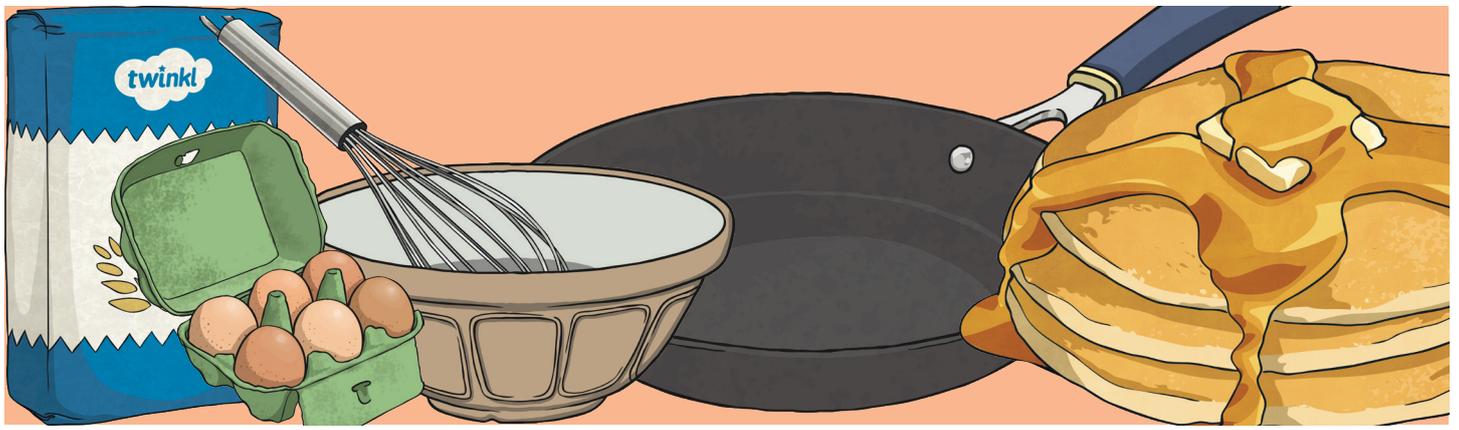
How does this help my children's learning?

Your child can develop their weighing, measuring and counting skills while making some tasty pancakes.

Ideas for further learning:

Why not try adapting the recipes to suit your own personal tastes with a variety of sweet or savoury fillings?





Original Pancakes

Ingredients

100g plain flour
2 large fresh eggs
300ml milk
pinch of salt
vegetable oil

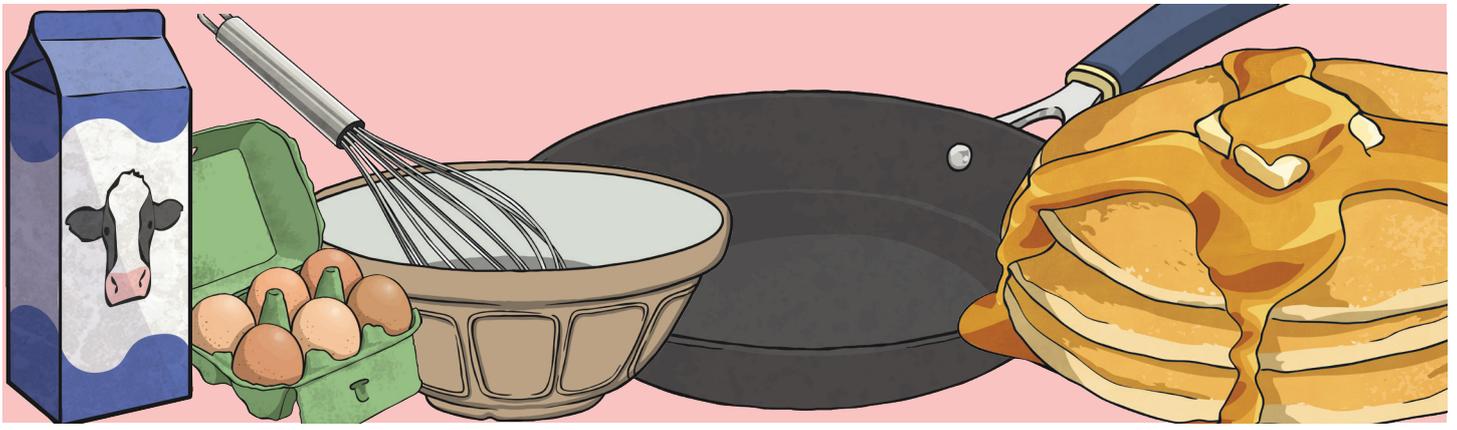
Equipment

sieve
large mixing bowl
small jug
whisk or fork
mixing spoon
medium frying pan
large spoon or ladle
spatula
tinfoil

Method:

1. Sieve the flour into the large mixing bowl.
2. Crack the eggs into a small jug and whisk.
3. Add the milk, salt and eggs to the flour and whisk until smooth. (If you have time, set your batter aside for about 30 minutes.)
4. Heat up a teaspoon of oil in the pan on a medium heat.
5. Once the pan is hot, spoon some of the batter into the pan.
6. Tilt the pan to spread the batter evenly to form a pancake shape. Cook for about a minute until the bottom is golden.
7. Turn the pancake over with a spatula (or flip) to cook the other side.
8. Keep the pancakes warm by wrapping in some tinfoil or on a plate in a low-heated oven until ready to serve.
9. Repeat steps 4 to 8 until you have used all the batter.

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Flourless Pancakes

Ingredients

50g rolled oats

1 medium banana, mashed

50ml milk

pinch of salt

coconut oil

Equipment

large mixing bowl

hand blender or food processor

medium frying pan

large spoon or ladle

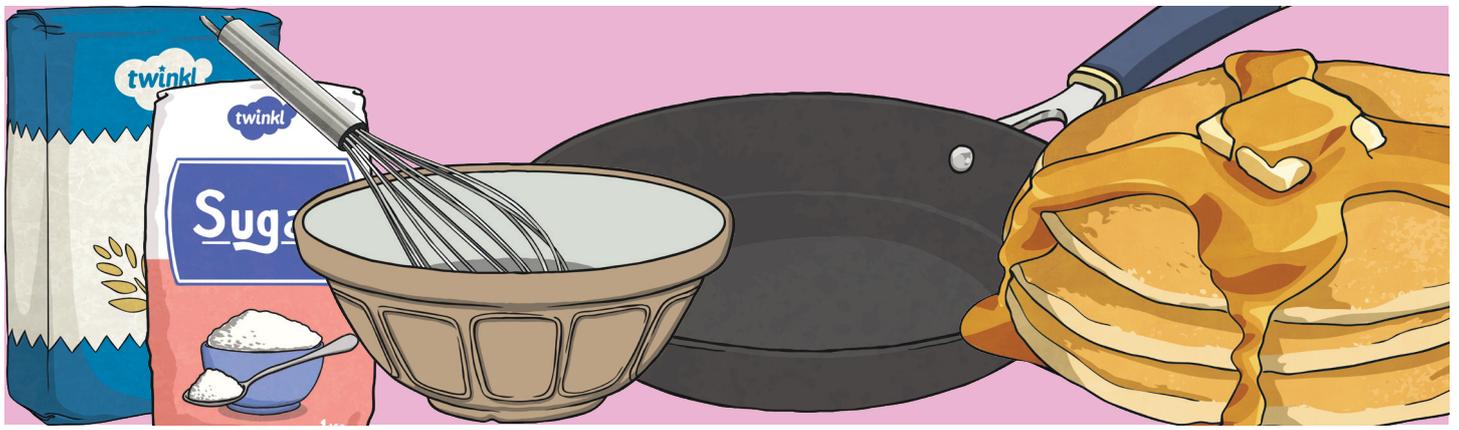
spatula

tinfoil

Method:

1. Put the banana, milk and oats into a large bowl.
2. Using the hand blender, mix together until smooth.
3. Heat a teaspoon of coconut oil in the pan on a medium heat.
4. Once the pan is hot, spoon some of the batter into the pan.
5. Tilt the pan to spread the batter evenly and cook until it bubbles and is easy to get a spatula underneath.
6. Flip the pancake over using the spatula and continue to cook until golden brown. (These pancakes can be a little thicker than traditional pancakes and may take longer to cook.)
7. Keep the pancakes warm by wrapping in some tinfoil or on a plate in a low-heated oven until ready to serve.
8. Repeat steps 4 to 6 until you have used all the batter.

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Eggless Pancakes

Ingredients

- 125g self-raising flour
- 2 tbsp caster sugar
- 1 tsp baking powder
- pinch of salt
- 150ml milk (soya, almond or coconut)
- 1 tsp vanilla extract
- sunflower oil

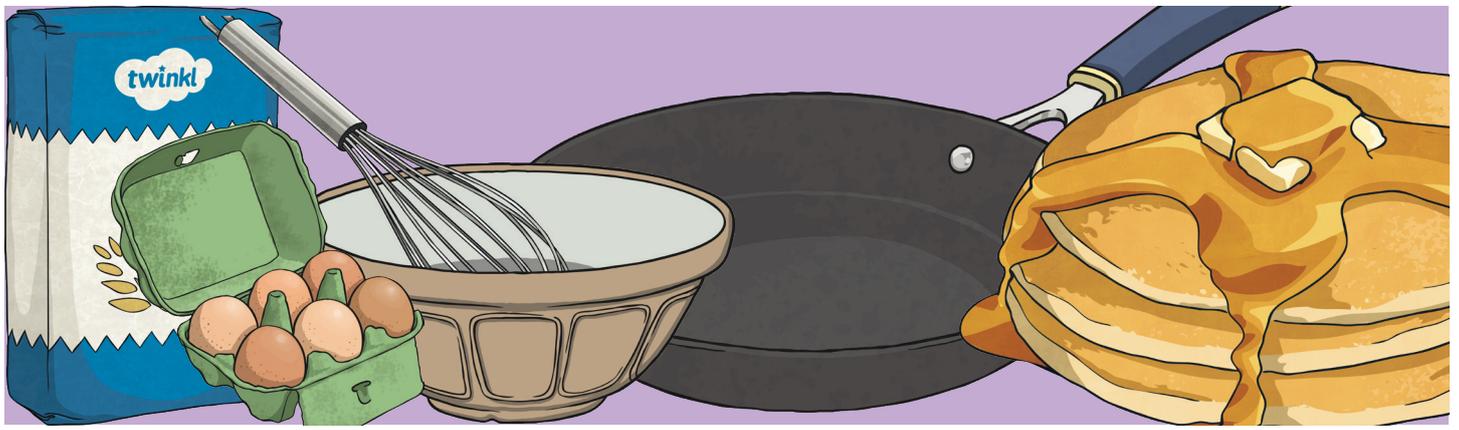
Equipment

- large mixing bowl
- whisk
- medium frying pan
- large spoon or ladle
- spatula
- tinfoil

Method:

1. In a large bowl, mix together the flour, sugar, baking powder and salt.
2. Add the milk and vanilla extract. Use a whisk to mix together until smooth.
3. Heat up a teaspoon of oil in the pan on a medium heat.
4. Once the pan is hot, spoon some of the batter into the pan.
5. Tilt the pan to spread the batter evenly to form a 10cm pancake shape.
6. Cook for approximately a minute until the batter bubbles.
7. Flip the pancake over with a spatula and cook for another minute.
8. Keep the pancakes warm by wrapping in some tinfoil or on a plate in a low-heated oven until ready to serve.
9. Repeat steps 4 to 7 until you have used all the batter.

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Scotch Pancakes

Ingredients

100g self-raising flour
50g caster sugar
pinch of salt
1 medium egg, beaten
150ml milk
vegetable oil
butter and cinnamon to serve

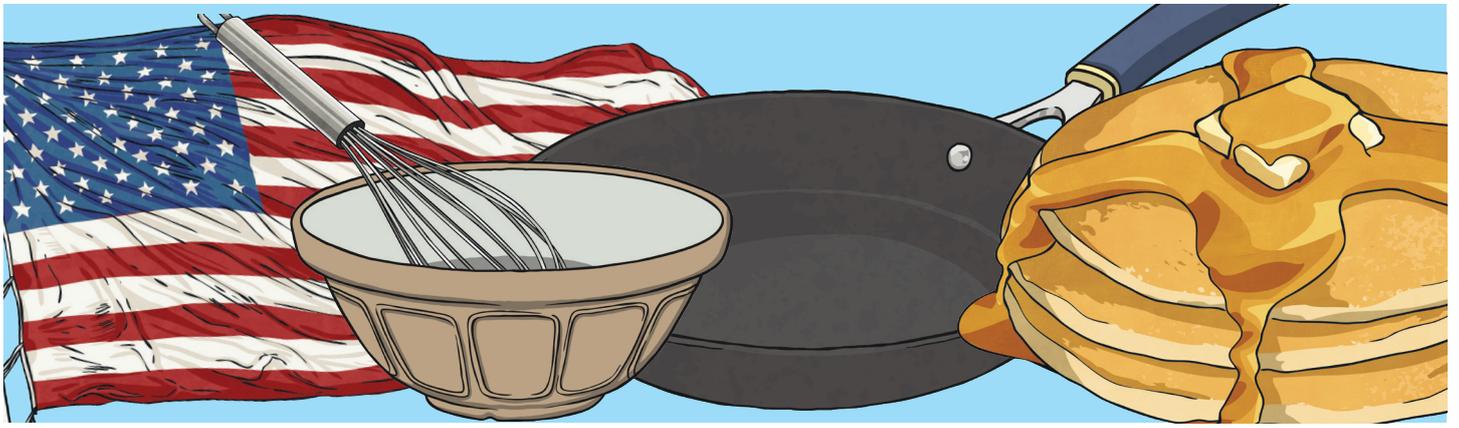
Equipment

large mixing bowl
fork or whisk
small jug
medium frying pan
large spoon or ladle
spatula

Method:

1. In a large bowl, mix together the flour, sugar and salt.
2. Beat the egg in a small jug with a fork or whisk.
3. Add the egg to the flour mixture.
4. Mix together, adding enough milk to form a smooth batter.
5. Heat up a teaspoon of oil in the pan on a medium heat.
6. Drop a spoonful of the mixture into the pan and cook until the underside is golden brown and the top bubbles a little.
7. Flip the pancake over with the spatula and continue cooking until both sides are golden brown. Tip: you can cook two or three pancakes at the same time in your pan.
8. Keep the pancakes warm by wrapping them in some tinfoil or on a plate in a low-heated oven until ready to serve.
9. Repeat steps 6 to 8 until you have used all the batter.
10. Once ready to serve, add a teaspoon of butter and a sprinkle of cinnamon.

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American Pancakes

Ingredients

140g plain flour
 $\frac{1}{2}$ tsp salt
2 tbsp caster sugar
130ml milk
1 large egg, beaten
2 tbsp melted butter
vegetable oil

Equipment

large mixing bowl
fork or whisk
small jug
medium frying pan
large spoon or ladle
spatula

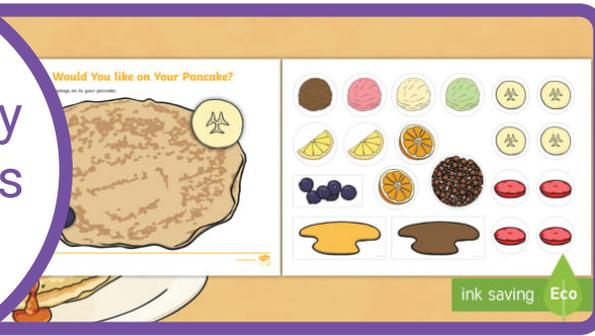
Method:

1. Sieve the flour into a large mixing bowl.
2. Add the salt and sugar.
3. In a small jug, beat the egg and milk together. Whisk in the butter.
4. Pour the milk mixture into the flour and mix together until smooth.
5. Leave the batter to stand for a few minutes.
6. Heat up a teaspoon of oil in the pan on a medium heat.
7. When the pan is hot, spoon some of the batter into the pan. The batter should be about 2cm thick.
8. Wait until the top of the batter begins to bubble and the underside is golden brown.
9. Flip the pancake over with the spatula and continue to cook until both sides are golden.
10. Keep the pancakes warm by wrapping them in some tinfoil or on a plate in a low-heated oven until ready to serve.
11. Repeat steps 6 to 9 until you have used all the batter.
12. Once ready to serve, drizzle over the butter.

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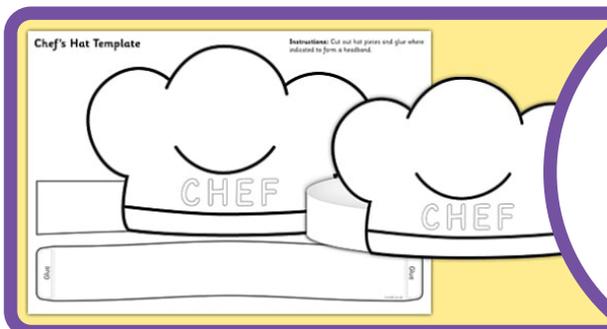
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