



SHROVE TUESDAY PANCAKES



Shrove Tuesday is a Christian custom of using up fattening food like eggs and milk before the start of Lent, which marks the 40 day fasting period leading up to Easter. The best way to do that is to add some flour and make pancakes!

INGREDIENTS

SERVES 6

- 110g plain flour
- a pinch of salt
- 2 eggs
- 200ml milk, mixed with 75ml water
- 2 tbsp melted butter
- extra butter for cooking the pancakes

FROM THE GARDEN

- Eggs

EQUIPMENT

- Sieve
- Large mixing bowl
- Hand whisk or beaters
- Rubber spatula
- Small saucepan
- Small, non-stick frying pan
- Plastic egg slice
- Plate

TABLE PREPARATION

- Small plates

INSTRUCTIONS

1. Sift the flour and salt into a large mixing bowl.
2. Make a well in the centre of the flour and break the eggs into it.
3. Whisk the eggs, making sure you include all the flour from around the edges as you go.
4. Start to add small amounts of the milk/water mixture, a little bit at a time, until it is all incorporated.
5. Slide a rubber spatula around the edge of the bowl to incorporate any bits of flour, and then whisk the mix until it is smooth.
6. Add the melted butter to the mixture.
7. Melt a small amount of butter in the frying pan and swirl it around to cover the whole of the pan.
8. Using a medium to high heat, put a serving spoon of the batter into the pan, tipping it around so that it coats the base of the pan.
9. After about a minute, lift the edges of the pancake and if it is ready on one side flip the pancake to cook for a minute on the other side.
10. Stack the cooked pancakes onto a plate and keep them in a warmed oven until they are all ready to serve.
11. Serve with a sprinkle of sugar and some fresh lemon juice.