

## PANCAKES



Shrove Tuesday always fall the day before Ash Wednesday (the first day of lent in the Christian calendar). Traditionally pancakes were eaten on Shrove Tuesday to use indulgent ingredients such as milk and eggs up before the start of the 40-day fasting season.

Stack your pancakes as you make them between sheets of greaseproof paper and place them on a plate in a warm oven to keep them warm.



Recipe & image supplied by The Grain Chain:  
[www.grainchain.com](http://www.grainchain.com)

**Skills Check:** Follow a recipe; follow food safety & hygiene rules; tidy away; use a sieve; crack an egg; beat an egg; use measuring spoons and cups; use a jug to measure liquids; use balance/digital scales; beat ingredients together; use the hob (with adult supervision).

**Equipment:** Weighing scales; sieve; mixing bowl; small bowl; fork; wooden spoon; measuring jug; frying pan; tablespoon; fish slice.

**Allergens\*:** Milk | Eggs | Wheat | Gluten

### Ingredients (makes 10 pancakes):

- 125g plain white flour
- 2 eggs (medium)
- 275ml semi skimmed milk
- Oil for frying

### Method

1. Sift the flour into a mixing bowl.
2. Break the eggs into a separate bowl and beat with the fork.
3. Make a well in the flour and add the eggs mixing with the wooden spoon.
4. Gradually add the milk, mixing well to remove the lumps.
5. Pour the mixture into a measuring jug.
6. Add a little oil to the frying pan on a medium heat.
7. Pour three tablespoons of the mixture in the centre of the frying pan.
8. Cook until bubbles appear on the surface and then turn using the fish slice.
9. Cook the underside of the pancake for one minute or until golden brown.
10. Roll up the pancakes with a filling of your choice - sweet or savoury.

\* Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use



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### Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

### Energy, sugar, fat and salt per serving

Per 48g serving

<b>ENERGY</b>	667kJ / 160kcal	8%
<b>HIGH</b>	<b>FAT</b> 11.7g	17%
<b>MED</b>	<b>SATURATES</b> 1.8g	33%
<b>LOW</b>	<b>SUGARS</b> 1.4g	2%
<b>LOW</b>	<b>SALT</b> 0.1g	1%

% of an adult's reference intake

Typical values per 100g : Energy 1390kJ / 334kcal

### Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

**% Reference Intakes** are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.

### So, thinking about pancakes ...

**Pancakes** can be kept within the limits of a healthy, balanced diet by using semi-skimmed milk to make them and by making sure the toppings are not too high in fat and/or sugar. Traditionally pancakes are smothered in sugar, syrup or chocolate type spreads - but lemon or fruit on pancakes could be just as much of a treat!

