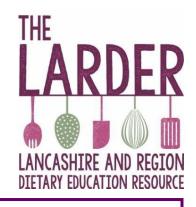


The Larder presents…







# YOU WILL NEED:

**INGREDIENTS:** 

2 Cups Self Raising Flour and 1 Tsp of Baking Powder (OR 2 Cups Plain Flour and ½ Tbsp Baking Powder) · Pinch Salt

Pancakes

Makes 12 - 15 Mini

- 2 Tbsp Sugar
- 1 Egg
- 2 Cups Milk

0il (for cooking) TASY TOPPING IDEAS:

- Scrambled Egg
- Fruit Compote
- Honey •
- Yoghurt •
- Sliced Banana
- Mixed Fresh/Frozen Berries -Blueberries; Raspberries; Strawberries

\*Allergy Statement: "Recipe items may contain or come into contact with WHEAT, EGGS, PEANUTS, TREE NUTS, and MILK."

### YOU WILL NEED:

### **EQUIPMENT:**

Cook: 10 Min

Cup (for measuring)

- Mixing Bowl
- Tablespoon (Tbsp)
- Teaspoon (Tsp)
- Jug or Bowl
- $\cdot$  Fork
- Wooden Spoon or Whisk
- Frying Pan
- Hob

#### **REMEMBER:**

Always wash your hands thoroughly before touching and preparing ingredients.

## **METHOD:**

- 1. ALWAYS START BY Washing your hands thoroughly
- 2. Gather together all the equipment and ingredients
- 3. Tip the flour into the mixing bowl
- 4. Stir baking powder, sugar and salt into the flour
- 5. In the jug beat the egg and milk together with a fork
- 6. Pour the egg/milk mix into the flour mix
- 7. Beat the mixture together with a wooden spoon or whisk for a few minutes until you have a smooth thick batter
- 8. Wipe the base of a cold frying pan with a little oil
- 9. Turn the hob to a medium heat
- 10. Place the frying pan on the hob to heat the oiled pan.
- 11. Once the frying pan is hot, CAREFULLY place a tablespoonful of batter mix in the pan to make a mini pancake
- 12. Allow a little room for the batter to spread whilst cooking\* (\*if your pan is big enough you can cook more than one at once)
- 13. Cook each pancake for 3-4 minutes. LOOK to see if the edges of the mini pancakes are set and bubbles rising
- 14. Using a knife CAREFULLY turn over the mini pancakes and cook on the other side until golden brown
- 15. Repeat method (11-14) until all the batter has been used
- 16. METHOD FRUIT COMPOTE
  - Gently simmer frozen berries in 1 tablespoon of water until soft.
    Puree with a hand blender, potato masher or fork.
  - You can make a compote using other fresh or dried fruit too.
- **17. METHOD SCRAMBLED EGGS:** 
  - Use 1 egg per person. Break the egg(s) into a cup and beat with a fork.
  - Heat a little oil in a small saucepan and tip the egg in.
  - Stir continually until the egg is set and creamy.
  - •This takes just 1 2 minutes. Season with salt and/ or pepper.