



The Larder presents...

# HOP-SCOTCH DROP SCONES



PREP: 20min  
COOK: 10min



MAKES: 12-15 Mini  
pancakes

## 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
- 2 Tbsp Sugar
- 1 Egg
- 2 Cups Milk
- Oil (for cooking)

### TASTY 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:

- Cup (for measuring)
- Mixing Bowl
- Tablespoon (Tbsp)
- Teaspoon (Tsp)
- Jug or Bowl
- Fork
- Wooden Spoon or Whisk
- Frying Pan
- Hob

## REMEMBER:

Always **wash your hand** 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**

## 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.

## 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

## NUTRITION KNOW HOW:

- Egg and milk are good sources of protein, vitamins and minerals
- Flour is a source of energy

1. **What other food nutritional fact can you tell The Larder?**

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