



The Larder presents...

SCOTCH PANCAKES

Prep: 20 min

Cook: 10 Min

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)

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:

- 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**
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.**

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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