

Peter's Easy Peasy Pancakes



makes 12 pancakes



preparation: 10 mins
cooking: 20 mins



shopping list...

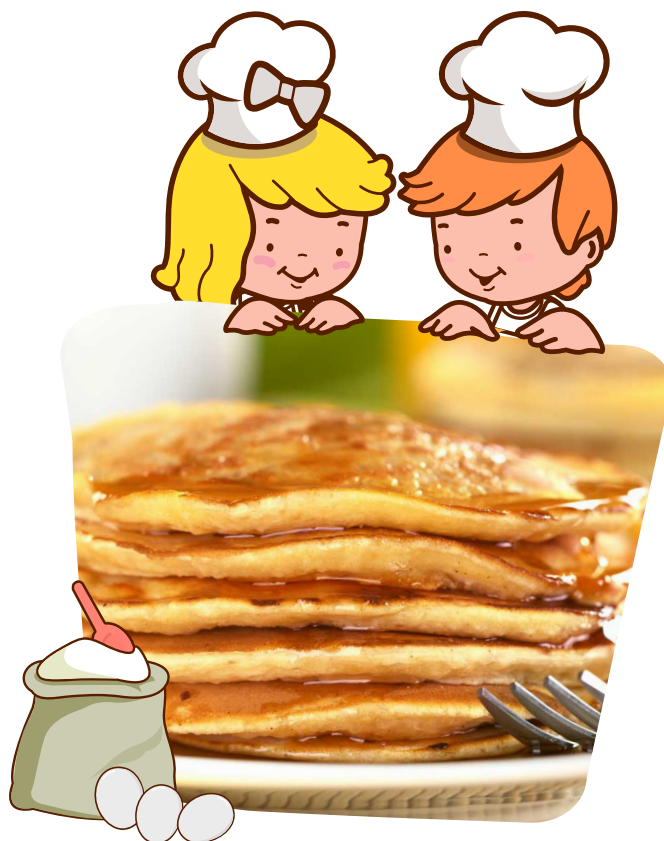
100g plain flour
2 large eggs
300ml milk
1 tbsp sunflower oil or
vegetable oil (with a little
extra for frying)
pinch of salt

fillings (optional)

lemon juice
caster sugar
bananas
chocolate spread

kitchen kit...

large mixing bowl
whisk
medium sized frying pan
kitchen towel
large ladle or cooking spoon
spatula



What to do...

one:

Put the flour, milk and salt into your bowl and crack the eggs on top, then carefully whisk to a smooth batter-get all the lumps out! (if you have some time, set aside for 30 mins to stand, but you can cook them straight away if you like).

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two:

Put some oil onto a piece of kitchen towel, and rub it around the frying pan to cover it. ***Ask an adult to help you with the next steps, as the frying pan will get really hot!**



three:

Place the frying pan on a low heat on the cooker, and use your ladle or spoon to pour some of the batter mix into the pan. Swirl it in the pan so it covers the bottom.

four:

Cook for 1 minute on each side. To turn the pancake over, use a spatula to turn it over, or if you're feeling brave, you can try flipping it!



five:

Cook for 1 minute on the other side, then slide your pancake onto a plate. You can make one at a time, or if you are making them all in one go, you could place them in a warm oven until they are all ready.

six:

Top your pancake with your favourite filling. I like lemon and sugar, but you can put banana, chocolate spread or whatever you like on top. Put your filling down the middle and roll the sides over, or eat as it is.

all done!