



## Pancake Recipe

Makes about 6 pancakes

### Ingredients

100g flour

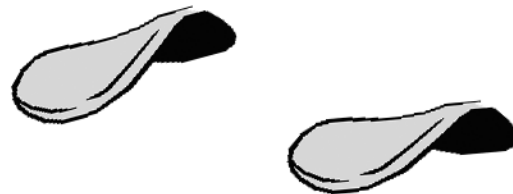
1 egg

280ml milk/milk with water

pinch salt

oil for frying

sugar, golden syrup, lemon, or whatever you like to go on your pancakes



### Method

**Important note: pancakes need to be fried in hot oil. Hot oil can be very dangerous. Make sure you ask an adult to help you with this recipe!**

1. **Sieve the flour into a bowl and make a well in the centre.**
2. **Put the egg, milk and salt into the well you made in the flour. Stir the ingredients, gradually mixing in the flour from the sides.**
3. **When all the flour is mixed in, whisk the mixture to a smooth batter and pour it into a jug.**
4. **Leave the batter to stand if there is time.**
5. **Ask an adult to heat a little oil in a small non-stick frying pan. When the oil is hot, carefully pour in enough batter to just cover the bottom of the pan thinly.**
6. **Cook for a few seconds. Use a spatula to check the underside of the pancake. When it is brown, toss or turn it with a spatula and cook the other side.**
7. **Slide the pancake onto a plate and sprinkle it with sugar or a spoonful of golden syrup. Pour on lemon juice to taste.**
8. **Roll up the pancake or fold it in half and enjoy!**

