

Perfect Pancakes



How to:

1. Ask your child to wash their hands before cooking
2. Ask your child to help you gather together the utensils and ingredients you will need to make the pancakes (see below)
3. Allow your child to help you to sieve the flour into a bowl and add the salt
4. Add the eggs and mix well with a spoon
5. Gradually add the milk and water. Use a fork or a hand whisk to mix well
6. Leave the mixture to rest for 30 minutes
7. During this time grate the cheese or chop up fruit or chocolate
8. Now, make sure your child is watching safely whilst you heat 2-3 teaspoons of oil in a frying pan. When the oil is really hot pour in a little mixture and swirl it around the pan quickly so it coats the entire base of the pan. Cook for 1 minute then using a spatula, flip the pancake over to cook on the other side for another minute
9. Sprinkle the filling of your choice
10. When the pancake is golden, take it from the pan and put it on a plate
11. Roll up the pancake and enjoy

Adaptations:

- Make traffic light or rainbow pancakes by using different food colourings
- If you don't want to have a filling then your child can choose to spread the pancake with jam, honey, marmite, squashed avocado, sliced tomatoes or cream cheese
- Make a pancake 'cake' by allowing the pancakes to cool on greaseproof paper, then layer them up with whipped double cream and chocolate spread and chill for a while in the fridge

Utensils:

- Bowl
- Sieve
- Fork/whisk
- Grater/knife
- Frying pan
- Spatula
- Plate

Ingredients:

- 4 tablespoons of plain flour
- 2 eggs
- 4 tablespoons each of milk and cold water
- Pinch of salt
- A little oil for cooking
- Food colouring (optional) add it at the same time as the milk and water
- Choice of filling (cheese/fruit/chocolate)



Top Tip

You just need enough oil to grease the bottom of the pan. You will know if it is hot enough if the batter sizzles when it hits the pan and small bubbles appear