

# Pancake Challenge



**Key Stage 3 and 4 Challenge:** *Your challenge for Wellbeing Wednesday is to design and make a creative sweet or savoury pancake that uses at least two fruits or vegetables in its design.*

# Pancake Day

Pancake day, or Shrove Tuesday, is the traditional feast day before the start of Lent - the 40 days leading up to Easter. On Shrove Tuesday, Anglo-Saxon Christians went to confession and were 'shriven' (absolved of their sins). A bell would be rung to call people to confession. This came to be called the 'Pancake Bell' and is still rung today.

Shrove Tuesday always falls 47 days before Easter Sunday, so the date varies from year to year and falls between February 3 and March 9. In 2021 Shrove Tuesday will fall on February 16th.

# Pancake Challenge

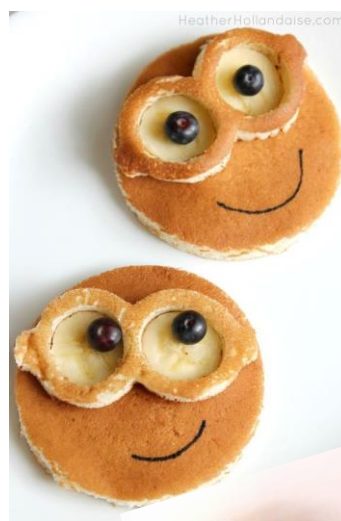
## How creative can you be?

**Challenge A:** Design and make a creative sweet or savoury pancake that uses at least two fruits or vegetables in its design.

*Submit your photos to Mrs Robinson by 22nd February to be in with a chance of winning a prize.  
danielle.robinson@teignmouth.devon.sch.uk*

Marks will be awarded for:

- Creativity and imagination.
- Promoting healthy eating.
- Incorporating a variety of skills such as pouring, mixing and chopping.



# Pancake Competition

## Entry Form

Your Design Idea:

**Full Name:**

**Year group:**

**Tutor:**

Paste a picture of your final pancake here.

What ingredients did you use?

Tell us a bit about your design:

# American Pancake Recipe



Health & Safety: You must have permission and be supervised by an adult when cooking in the kitchen.

<https://youtu.be/GCqVVmfyDR4>

## Ingredients

150g plain flour

4 teaspoons of baking powder

1 pinch of salt

1 egg

250ml milk

1 teaspoon of vanilla extract

1 tablespoon of melted butter



## Method:

1. Sift plain flour and baking powder in a large bowl. Add a pinch of salt
2. Make a well in the middle of the bowl. Break an egg into 250ml of milk and beat together. Make a well in the centre of the flour and gradually add your milk, whisking until you have a smooth batter.
3. Add a knob of melted butter and a teaspoon of vanilla extract and allow to stand for 15 minutes letting the batter stand allows the flour to swell which gives a smooth and fluffy pancake.
4. Set a medium non stick frying pan over a medium heat and carefully wipe it with some oiled kitchen paper.
5. When hot, pour a tablespoon amount of batter in to your pan, making 3 or 4 pancakes at a time.
6. Cook your pancakes for 2-3 min until small bubbles appear on the surface of each pancake then turn and cook for another 2 mins.
7. Spread with butter and pour over maple syrup to serve.

# Basic Pancake Recipe



Health & Safety: You must have permission and be supervised by an adult when cooking in the kitchen.

## Ingredients:

100g plain flour

2 large eggs

300ml milk

1 tbsp sunflower or vegetable oil, plus a little extra for frying



## Method:

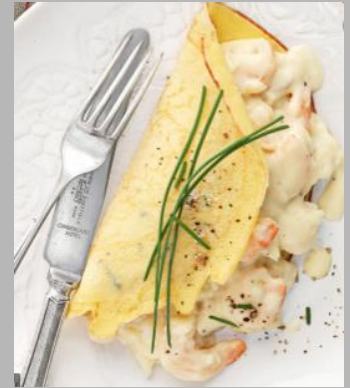
1. Put plain flour, eggs, 1 tbsp. oil and a pinch of salt into a bowl or large jug, then whisk to remove any lumps. Gradually add your milk, whisking until you have a smooth batter.
1. Set aside for 30 mins to rest if you have time, or start cooking straight away.
1. Set a medium frying pan or crêpe pan over a medium heat and carefully wipe it with some oiled kitchen paper.
1. When hot, pour a small amount of batter in to your pan, just enough to coat the bottom.
1. Cook your pancakes for 1 min on each side until golden, keeping them warm in a low oven as you go.

# Pancake Suggestions

English Pancakes with lemon and sugar



Okonomiyaki, Japanese Pancake



Savoury Seafood crepe

Pikelets with jam and cream



Crepe with ham, egg and cheese



Pancakes with nutella and ice-cream

Poffertjes, Dutch mini pancakes



American pancakes with bacon