



Did Somebody Say Pancakes?

Food Technology & Family Learning

Miss Ballantyne



Step 1 & 2

Weigh out **135g** of plain flour. Make sure the scales are set to zero and it is on “g” for grams when you press the unit button.



Add in **2 tablespoons** of sugar to the flour and mix.



Step 3 & 4

Add in a pinch of salt and mix in with the sugar and flour.



Add in 145ml of milk to a jug. Remember to select "ml" using the unit button.



Step 5 & 6



Crack one large egg into your milk .

Mix together your egg and milk using a fork until it is all mixed together like this.



Step 7 & 8

Add in your flour, sugar and salt mix to the milk and egg mixture in the jug like this.



Using a balloon whisk or fork mix all of the ingredients together.



Step 9 & 10



Add in **1 teaspoon of baking powder**. This will help the pancakes rise a little.



Mix altogether with the whisk or fork until it resembles cake batter – nice and smooth.

Steps 11 & 12

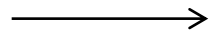


Pour in one tablespoon of oil to your frying pan like this. Make sure you havent turned on the hob yet.

Spread the oil about the frying pan so it looks like this. Turn on the hob to high if you are on electric or a small flame if gas.



Step 13 & 14



Pour in the mixture from the jug into the frying pan. Using a jug lets you pour the mixture in easily & it should look like this.

Choose a filling to put into your pancake. I have chosen raisins or milkybar eggs. You do not need to add anything if you don't want to.



Step 15 & 16



Sprinkle some raisins or your choice of filling to the pancake. Wait until bubbles start to form on the surface before you flip.

Using a fish slice, get underneath the pancake and flip it over like this. It should be golden brown on the other side.



Step 17 & 18



Your pancake should look like this and it is ready to be served 😊.



You can repeat with a different filling such as milkybar eggs like this.

Step 19 & 20



Pancakes are ready to go!



You cant forget to wash up but leave the frying pan to cool first!