



Breakfast Pancakes

The basic batter

200g self raising flour

1 x 5ml spoon baking powder

2 medium eggs

200ml milk

For sweet pancakes add:
25g caster sugar
1 x 5ml spoon vanilla essence

For savoury pancakes add:
150g grated Cheddar cheese





Equipment

Weighing scales
tablespoon
Mixing bowl
Sieve
teaspoon
Wooden spoon
Spatula
Palette knife
Whisk
Measuring jug
Frying pan
Pan stand





Make the batter



1. Sieve the flour and baking powder into the mixing bowl.



2. Make a well in the middle.

3. Break the eggs into the well.



Add the liquid



4. Gradually add the milk, whisking all the time. Don't worry if it goes lumpy, use the whisk to remove the lumps.



3. Mix to make a smooth, thick batter. It will be quite thick as it's a Scotch pancake mix.



Making plain pancakes



1. Brush a frying pan with a little oil.

2. Heat the oil gently then pour tablespoonfuls of batter mixture into the pan. Keep the pancakes well spaced out so that the mixture does not join together.



3. As the pancake cooks you will see bubbles breaking on the top surface. When this happens turn the pancakes over with the palette knife and cook the other side until brown.

4. Remove from the pan, serve with a sweet or a savoury topping.

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Making pancakes sweet or savoury



On the tray are some ingredients that can be prepared to add to the pancakes to make them either sweet or savoury.





Extra equipment needed



- Colander
- Small pan
- Chopping board
- Grater
- Vegetable knife
- Vegetable peeler





Apple and sultana pancakes



To the basic batter add:

25g caster sugar

1 x 5ml spoon vanilla essence

1 eating apple

50g sultanas

1 large pinch of mixed spice





Prepare the apple



1. Peel, core and quarter the apple.



2. Slice each quarter.



3. Chop into small pieces.



Add the extra ingredients



4. To the plain batter mixture add the caster sugar, vanilla essence, diced eating apple, sultanas and mixed spice.



5. Stir the mixture thoroughly.





Cook the pancakes



6. Brush the frying pan with oil.

7. Heat gently on a low heat.



8. Pour the tablespoonfuls of batter into the frying pan. Make sure they are spaced out.

9. Cook until bubbles burst on the surface of the pancake.



10. Turn the pancakes with a palette knife and cook until the other side is brown.



Serve hot with chunky apple sauce



1. Dice one cooking apple.
2. Place in microwaveable bowl, add 30ml water and 25g sultanas (optional).
3. Cover the bowl and microwave on HIGH for 2 minutes.
4. Add 1x 5ml runny honey and stir carefully. Try not to break up the apple cubes.
5. Microwave for a further 1 minute on HIGH.
6. Serve with or between the stacked apple pancakes.



Savoury Pancakes



For savoury pancakes use the basic pancake recipe and add grated cheese before cooking.

When cooked, serve the pancakes with cherry tomatoes, celery sticks or pineapple rings.

