

Pancakes

Brigades @ Home – 12/02/2021

Preparation time: 10 minutes

Cooking time: 5 minutes

Overall inc. resting: 45 minutes

Makes: 4 pancakes

Ingredients

100g Plain flour

2 Eggs, large

Milk

Your choice of filling(s)

Method

1. Add 100g plain to a medium bowl
 2. Crack in 2 large eggs and whisk until it begins coming together
 3. Add a slug of milk and whisk again until combined. The consistency should be thick enough that it coats the back of the ladle when running off – add a bit more milk if it is too thick
 4. Whisk thoroughly and then leave the mixture to rest for 30 minutes
 5. Add a drop of a flavourless oil (sunflower or vegetable will be fine) into a frying pan
 6. Use a piece of kitchen towel to wipe the oil round until most of it is removed and there is a slight sheen on the pan
 7. Put the frying pan over a medium heat and allow it to heat up
 8. Pour a ladle full of the mixture into the centre of the frying pan and allow it to spread out in a circle. You may wish to swirl the frying pan to encourage this
 9. As the pancake cooks it will begin to darken in colour from the centre outwards
 10. Once the pancake is almost the same colour out to the edge, flip it over with a spatula
 11. Once pancake has browned in spots on the bottom it is cooked and can be removed to a plate
 12. Continue from 8 until all the mixture is used
 13. Serve immediately with your choice of filling – sugar and lemon juice, or syrup are traditional, but my favourite is Nutella and banana!
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Pancakes

Ingredients

- 100g Plain flour
- 2 Eggs, large
- Milk
- Your choice of filling(s)



Utensils

- Medium bowl & whisk
- Spatula & Ladle
- Scales & Frying pan



- 1.**
Weigh the 100g of plain flour into the medium bowl



- 2.**
Crack 2 large eggs into the medium bowl with the plain flour



- 3.**
Start to whisk the mixture until it begins to come together



- 4.**
Add a glug of milk and whisk everything together. The mixture should be thick enough to cover the back of the ladle as it runs off
Add a bit more milk if it is too thick



- 5.**
Once the mixture has rested for 30 minutes, add a drop of a flavourless oil (sunflower or vegetable) into the saucepan



- 6.**
Use a piece of kitchen towel to wipe the oil round the pan. Most will be removed and a slight sheen will be left on the surface
Heat over a medium heat



- 7.**
Once the frying pan is hot, add a ladle of the mixture into the middle of the pan and allow it to spread out in a circle
You could carefully swirl the pan to spread the mixture out



- 8.**
The pancake will cook from the middle out, getting slightly darker as it does so. Once the pancake is darker almost to the edge, flip it over with the spatula



- 9.**
Cook on the second side until spots of brown appear showing it is cooked through



- 10.**
Serve immediately with your favourite filling
Sugar and lemon juice, or syrup are traditional, but my favourite is Nutella and banana!

