

Recipe 2: Fruity Pancakes

A great breakfast dish for the weekend or an easy after school treat. Why not add blueberries, strawberries or other fruit that you like best, on top of the cooked pancake, which will help towards your 5-a-day! If using frozen fruit, de-frost first. Have fun decorating too!



Ingredients

125g plain white flour

pinch of salt

1 egg

about 300ml milk

15ml (1tbsp) vegetable oil and oil for frying

2 pineapple slices tinned (cut in quarters) or 1 small banana thinly sliced

Preparation time: 10 mins plus standing

Cooking time: 10-15mins

Instructions

1. Sift the flour and salt into a bowl and make a well in the centre. Break the egg into the well and add a little of the milk. Mix the rest of the milk and the 1 tbsp of oil together, then slowly beat into the flour until smooth and to get the consistency of single cream. Cover the batter and leave to stand in the fridge for 20 mins.
2. Heat a pancake pan with a small amount of oil. Pour a small amount of the batter in the pan and swirl around till it is thinly spread over the bottom of the pan.
3. Spread the pieces of fruit you are using on top of the pancake and pour a small extra amount of the mix on top.



if using pineapple



if using banana

4. Cook over a medium heat till the pancake is slightly brown and cooked and then flip over using a flat spatula or a plate. Then cook the second side.
5. Turn the pancake out on another plate and serve immediately. Repeat until all the pancake batter has been used, lightly oiling the pan between pancakes.

We look forward to receiving pictures of YOUR fruity pancakes. Please ask your parent or carer to e-mail the picture with your name & class to: admin@midfield.bromley.sch.uk

