

Skye Primary School Kitchen Garden Program



Pancakes

Season: All year

Equipment: Frypan Spatula Mixing bowl Wooden spoon Sieve Jug Measuring cups Measuring spoons	Ingredients: ½ cup of flour Pinch of salt 1 cup of milk 3 tsp (or more to your tasting) of vanilla Butter (for cooking in the pan) 1 egg
---	---

What to do:

1. Sift flour and salt into a bowl.
2. Make a well in centre of flour. Break egg and drop into well.
3. Gradually beat the flour and egg together with a wooden spoon. Add the milk and vanilla gradually and beat well.
4. Put batter in a jug.
5. Make 1 tsp of butter hot in frying pan, wipe pan with paper towel (an adult will do this in Kitchen Garden) this preparation of the pan prevents the mixture from sticking.
6. Melt approximately 1 tsp of butter in pan, pour in the batter (the size that you want the pancake), cook till set, flip, brown other side.
7. Put your preferred flavour on pancake and roll up.

Flavour suggestions

Lemon and a small amount of sugar

Maple syrup

Cooked strawberries and maple syrup

NOTE: Fruit pancake may be made by adding 1 tbsp of fruit to batter.