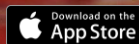




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Pancakes

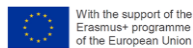


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**Combining technology, languages,
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In the UK, '**Pancake Tuesday**' is an annual phenomenon. This relates to the Christian tradition of 'Shrove Tuesday' when stocks of rich food would be used up before the season of Lent. Pancakes are quick and easy and can be enjoyed at any time of year, especially for breakfast or dessert. Serve sprinkled with traditional lemon juice and sugar, or with sweet syrup, fruit, cream or chocolate spread.

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Pancakes served with lemon and sugar

Ingredients:

- 100g plain flour
- 2 eggs
- 1 tbsp vegetable oil
- Pinch of salt
- 300ml milk

Method:

1. Put the flour and a pinch of salt into a large mixing bowl
2. Make a well in the centre and crack the eggs into the middle
3. Pour in about 50ml milk and 1tbsp of oil
4. Start whisking from the centre, gradually drawing the flour into the eggs, milk and oil
5. Once the flour is mixed in, beat until you have a smooth, thick paste. Add a little more milk if it is too stiff
6. Whisk in the rest of the milk until you have a smooth, creamy batter
7. Heat the pan over a moderate heat, then wipe it with oiled kitchen paper
8. Ladle some batter into the pan, tilting the pan to move the mixture around to form a thin and even layer
9. Leave to cook, undisturbed, for about 30 seconds. The pancake should turn golden underneath after about 30 seconds and will be ready to turn over
10. Hold the pan handle, ease a spatula under the pancake, then quickly lift and flip it over
11. Make sure the pancake is lying flat against the base of the pan with no folds, then cook for another 30 seconds
12. Slide off onto a warm plate and serve with the topping of your choice

