

PANCAKE PARTY

How to make a perfect Flipping Pancake in 10 easy steps

Ingredients: (Makes 14-16 pancakes)

110g plain flour

pinch of salt

2 large eggs

200ml semi-skimmed milk mixed with 75ml water

50g butter

Serve with any of the following:

Caster sugar

Lemon wedges or sliced fruit

Lemon juice / Maple Syrup

Fresh Cream



Cooking Method

1. Sift the flour and salt into a large mixing bowl with the sieve held above the bowl so the flour gets an airing.
2. Make a well in the centre of the flour and break the eggs into it.
3. Begin whisking the eggs using an electric whisk or a balloon whisk – incorporating any bits of flour from around the edge of the bowl as you do so.
4. As the mixture starts to thicken, gradually add small quantities of the milk and water mixture, still whisking (*don't worry about any lumps as they will eventually disappear as you whisk*).
5. When all the liquid has been added, use a rubber spatula to scrape any elusive bits of flour from around the edge into the centre, then whisk once more until the batter is smooth, with the consistency of thin cream.
6. Now melt the butter in the frying pan and spoon 2 tablespoons of it into the batter and whisk it in, then pour the rest into a bowl and use it when needed to lubricate the frying pan, using a wodge of kitchen paper to smear it round.
7. Get the frying pan really hot, then turn the heat down to medium and, to start with, do a test pancake to see if you're using the correct amount of batter. Generally 1¼ tablespoons (35mls) is about right for a medium sized Frying Pan.
8. It's also helpful if you spoon the batter into a ladle or a small coffee cup so it can be poured into the hot pan in one go. Hold the ladle so that the base is very close to the bottom of the pan then pour in.
9. As soon as the batter hits the hot pan, tip it around from side to side to get the base evenly coated with batter. If you have any holes in it, add a teaspoon of the mixture just to fill them in. It should take only half a minute or so to cook; you can lift the edge with a palette knife to see if it's tinged gold as it should be.
10. Flip the pancake over with a pan slice or palette knife – the other side will need a few seconds only – then simply slide it out of the pan on to a plate. You can keep pancakes warm once cooked by placing them on top of each other on a plate fitted over simmering water.

Finally serve each pancake with a sprinkle of caster sugar and freshly squeezed lemon juice or fruit/ maple syrup, nutella, cream etc folded in half, then in half again to form triangles, or simply serve flat with fruit on top!

Enjoy!

Recipe courtesy of Delia Smith