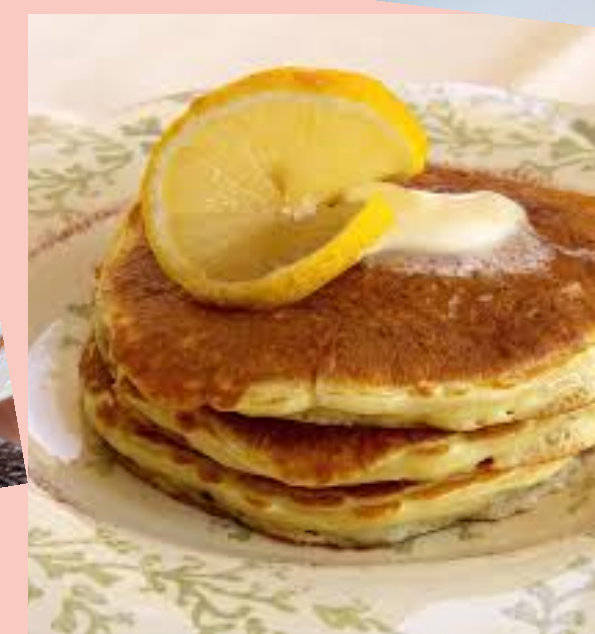
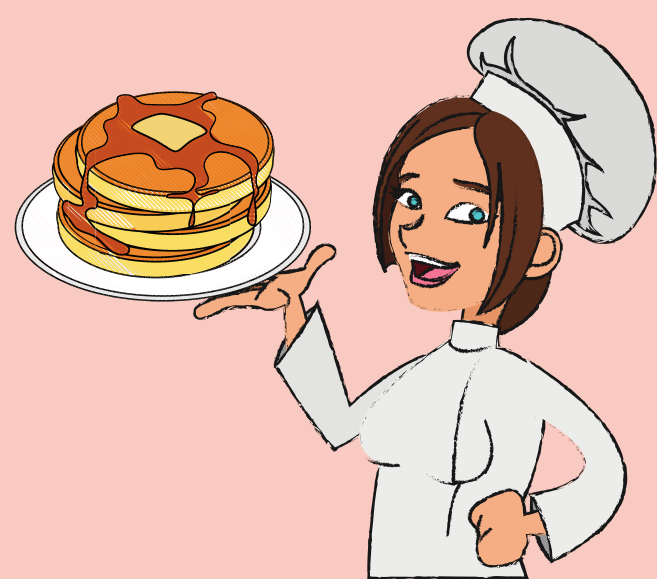


PANCAKES

with your choice of
toppings

Watch the video: link in the
specialist grid and on the
activity hub



NOTE: you will need an adult to supervise you while you are
cooking the pancakes on the stove

INGREDIENTS

***YOU CAN DOUBLE OR TRIPLE THIS RECIPE**

1 cup plain flour (or self raising flour, if you like fluffy
pancakes)

1 cup milk (plus extra if you like thin pancakes)

1 egg

butter for cooking (or sunflower or other oil), approximately 1/2
teaspoon per pancake

your choice of toppings

EQUIPMENT

mixing bowl, measuring cup, sifter or sieve, fork, jug whisk,
medium frypan, lifter

METHOD

1. Wash your hands first!
2. Measure out the flour and sift it into a bowl.
3. Use a spoon to make a well in the centre.
4. Crack the egg into a small bowl and then tip it into a small
jug. Add the milk and mix together them well with a fork.

THERE'S MORE TO SEE ON THE NEXT PAGE...

SAKG

kitchen class

Lesson 3 (Week 6)

REMOTE LEARNING
WITH JENNY KELLY

METHOD (continued)

4. Pour some of the milk and egg (about 1/3) into the well in flour. Use a whisk to mix the milk mixture into the flour. Then add some more (about another 1/3) and whisk again. Add the rest of the milk and whisk until the lumps are gone. Scrape the sides down as you go. Add an extra slosh of milk if you like thin pancakes.

5. Set the mixture aside to rest before you cook it. Rest in the fridge if resting for more than an hour.

6. COOKING (IMPORTANT - it's time for an adult to supervise)
Heat a pan and add a knob of butter (about 1 teaspoon). Get your lifter and plate ready.

7. Once the butter is sizzling, turn the heat to medium. Add a ladleful of mixture to the frypan. Once it has firmed up at the edges and it is easy to lift up with the lifter, lift it up and flip it over. This should take about two minutes. Cook it on the second side for about 1 minute. Lift it out and place it on a plate. Wipe up any spills of the mixture. Add your toppings and ENJOY!

TOPPINGS

Serve with whatever you like: honey, lemon, butter, maple syrup, poached or fresh strawberries, blueberries or banana

SPECIAL DIETARY REQUIREMENTS:

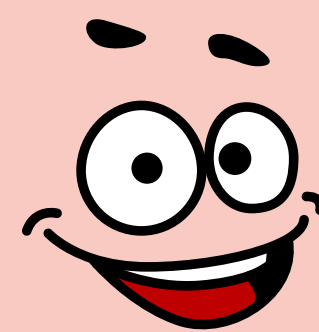
- gluten free - use gluten free flour
- dairy free - use any dairy free milk you like and substitute oil for butter
- vegan - use a dairy free milk and butter and egg substitutes

REMEMBER TO CLEAN UP

Put equipment and ingredients away

Wash the dishes... and wipe the bench

This will make the other people in your house very happy!



POST A PHOTO, VIDEO OR MESSAGE

In Showbie, post a photo or short video of your cooking. Remember to rename it to SAKG or KITCHEN (see Mrs Sabba's video).



Happy cooking! Jenny Kelly

