

Pancakes / Crepes

Ingredients

100g Plain Flour plus a pinch of salt

1 Egg

1 tbsp Sunflower oil

300ml Milk

Method

1. Sieve the flour and salt into a large bowl
2. Press the whisk into the middle of the flour to make a hollow
3. Break the egg into a small bowl and lightly whisk
4. Add a teaspoon of oil and two tablespoons of milk to the hollow and add the egg. Beat the egg, oil and milk with some of the flour from around the hollow.
5. Add some more milk and beat again. Continue to add some more milk and beat it until all the milk is mixed in and the batter is smooth.
6. Pour into a jug. You can leave the pancake mixture in the fridge until you are ready to use it.
7. Heat a small frying pan over a medium heat for about a minute, add a teaspoon of oil and tip the pan until the base has a film of oil.
8. Add three tablespoons of batter and swirl it all over the bottom by tipping the pan slightly. The batter should sizzle.
9. Keep the pan on the heat and cook the batter until it turns pale and is lightly cooked. Small holes will appear on the top.
10. Loosen the edge of the pancake and slide a spatula under it. Flip the pancake over and cook for half a minute more.
11. Slide the pancake onto a plate and continue to make more pancakes following steps 7-10. Enjoy with lemon and sugar, nutella, ham, cheese and mushrooms, or your favourite fruit!

