

Pancakes



This is a basic pancake mix that will give you light pancakes, ideal for flipping. You can add flavourings (even colours) to the mix to give some variety or change the flour to give a different texture or if you want to make a savoury filling. The traditional filling is lemon juice and sugar but you can use your imagination!

Resting the batter allows the gluten in the flour to relax and the starch grains to swell so your **pancakes** are more likely to come out light and fluffy. If you are short of time you can cook straight away. The batter will thicken when it has rested, add more milk if you want a thinner pancake.

Ingredients

100g Plain flour
2 Large eggs
300ml Milk (full fat or semi-skim)
1 tbsp sunflower or vegetable oil plus a little extra or some butter for frying.

Method

Put all the ingredients into a large bowl or jug and whisk to a smooth batter.

Set aside for 30 minutes to rest

Put your frying pan over a medium heat and carefully wipe it with some oiled kitchen paper or wipe over a very small amount of butter.

When hot cook your pancakes for about 1 minute on each side until golden and/or developing "spots". Flip when the batter has all changed colour in the pan and your pancake slides easily.

Keep warm in a low oven if not eating straight away, layer with baking parchment if necessary.

Extra thoughts

Once cold, you can layer the pancakes between dry baking parchment, then wrap in cling film and freeze for up to 2 months.