



**GET TOGETHERS**  
Bringing people together through food

# AMERICAN BREAKFAST PANCAKES

Makes 10–12 small pancakes

**Organisation and skill:** ★★★

**Community involvement:**

School age children, young adults, families, older people

**Cost:** £ £ £

**Equipment:**

**ALLERGY AWARE**  
This recipe contains:  
cereals containing  
gluten, milk,  
eggs

## Equipment

- 25g wholemeal self-raising flour
- 100g white self-raising flour
- pinch of bicarbonate of soda
- 1 egg – beaten
- 150ml semi-skimmed milk
- 1 level dessert spoon of sugar
- sunflower oil for frying

## Ingredients

- sieve
- mixing bowl
- measuring jug
- small whisk
- dessertspoon
- fish slice
- heavy based frying pan
- plate

## Method

1. Sift the flours and the bicarbonate of soda in to a mixing bowl.
2. Make a hole in the centre of the flour.
3. Break the egg into the measuring jug, add the milk and sugar and beat together.
4. Gradually whisk in the egg and milk mixture into the flour.
5. Leave to stand for 10 minutes.
6. Heat the frying pan, add 1 teaspoon of sunflower oil and pour a small amount of batter into the pan 3 times to make 3 small pancakes.
7. Cook the pancakes until set around the edges and bubbles appear on the surface.
8. Using a fish slice, turn the pancakes over, and cook the second side until lightly browned.
9. Stack onto a warmed plate.

# American pancakes

Use the chart below to create delicious and healthy toppings for every taste

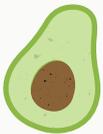
## Key points about this type of pancake

- Similar to Scotch Pancakes and Dropped Scones
- Good to make small pancakes like this when you're serving a crowd – they go further and people don't have to wait so long for individual cooking
- Easy to eat without cutlery
- This type of pancake is suitable for children and less experienced cooks to prepare and have success with
- Just need a large flat frying pan (non-stick is best) and a plug-in hob (like an induction hob) and you can make them in any setting
- Very flexible for adding toppings – offer a range of toppings and let people be creative

## Safety first

- Beware of high temperature of frying pan and make sure there is a responsible adult overseeing the cooking
- Take care with trailing cables if using a table top hob
- Keep fresh ingredients and toppings in the fridge until ready to assemble the pancakes
- Check for dietary requirements as these pancakes contain gluten, egg and milk

## Ideas for pick and mix toppings



### Spreads

cream cheese, mascarpone cheese, goats cheese, peanut butter, mashed avocado, hummus, dips, mashed banana



### Toppings

stewed fruit (apple, rhubarb etc), berries, banana, tomato, cucumber, olives, sun-dried tomatoes, beetroot slices, grated carrot, sliced pineapple or mango



### Flavours and garnishes

lemon, lime or orange juice and zest; chilli slices or flakes; herbs like coriander, dill and mint; pickles and chutneys; home-made jam and lemon curd; drizzle of honey; seeds and chopped nuts

## Topping ideas

- Greek yoghurt with seasonal fruit toppings, e.g. pomegranate and orange segments in winter, oven-roast rhubarb in spring, summer berries or apple & blackberry compote in the autumn
- Peanut butter and banana
- Cream cheese with home-made chutney and herbs from the garden
- Crème fraiche, seasoned with horseradish sauce topped with beetroot from the garden
- Mascarpone cheese with home-made lemon-curd or berry-rich jam
- Mashed avocado with lime juice, chilli flakes and slice cherry tomatoes or mango salsa
- Home-made hummus with cucumber
- Pea and mint dip
- Freshly squeezed citrus juice such as lemon, lime, orange and grapefruit is traditional for Pancake Day – but go easy on the sugar!