

PANCAKES WITH LEMON AND SUGAR

From our garden: eggs, lemons

NOTES TO STUDENTS and VOLUNTEER:

1. Work in pairs to make this recipe. Each pair is to make one quantity. We need one pancake per person
2. Focus on the accurate measuring of ingredients and using the correct measuring utensils.
3. Be careful when cooking the pancakes. Ask for help when brushing the pan with the butter.

EQUIPMENT

Large non-stick frying pan
Sieve or sifter
Kitchen Scales
1 large bowl
Metric measuring cups and spoons
Whisk
Fork
Measuring jug
Kitchen paper
Tablespoon
Egg lifter
4 serving platters and a small bowl/teaspoon for the sugar

INGREDIENTS

25g butter
2 cups self-raising flour
1 teaspoons vanilla extract
1 egg
¼ teaspoon bicarbonate of soda
1 ½ cups milk
1/3 cup caster (superfine) sugar

Topping

2 Lemons and extra caster sugar for serving

WHAT TO DO

Collect all utensils, then ingredients. Measure all your ingredients first.

Whisk milk, egg and vanilla together in a jug.

Sift flour, sugar and bicarbonate of soda into a bowl. Make a well in centre.

Add the milk mixture into the middle of the well.

Whisk using a **fork** until just combined.

Heat a large non-stick frying pan over medium heat.

Brush pan with butter using a piece of **kitchen paper**.

Using 1/4 cup mixture per pancake, cook 2 pancakes for 3 to 4 minutes or until bubbles appear on surface. Turn and cook for 3 minutes or until cooked through.

Transfer to a plate.

Cover loosely with foil to keep warm.

Repeat with remaining mixture, brushing pan with butter (on kitchen paper) between batches.

Cut the lemons in half and juice the lemons.

Serve as a stack onto 4 platters with ½ lemon and a small bowl of caster sugar (and teaspoon) to enable everyone to top their own pancake.