



**CANCER
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Pancake Day for Cancer Relief Recipe Ideas!

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Traditional English pancakes – Make about 12 small pancakes

YOU'LL NEED:

- 110g plain flour, sifted
- Pinch of salt
- 2 eggs
- 200ml milk mixed with 75ml water
- 50g butter

ALL YOU HAVE TO DO

- Sift the flour and salt into a large mixing bowl
- Make a well in the centre of the flour and break the eggs into it. Whisk the eggs, incorporating any bits of flour from around the edge of the bowl.
- Gradually add small quantities of the milk and water mixture, still whisking until the batter is smooth, with the consistency of thin cream.
- Melt the butter in a pan. Spoon 2 tbsp of it into the batter and whisk it in, then pour the rest into a bowl and use it to lubricate the pan, using kitchen paper to smear it round before you make each pancake.
- Get the pan really hot, then turn the heat down to medium.
- 2 tbsp from a ladle is about right for an 18cm/7in pan. As soon as the batter hits the hot pan, tip it around from side to side to get the base evenly coated with batter. It should take only half a minute or so to cook; lift the edge to see if it's tinged gold. Flip the pancake over – the other side will only need a few seconds!

Traditional Fluffy American pancakes – Make about 12 small pancakes

YOU'LL NEED:

- 350g self-raising flour
- 2 tsp baking powder
- ¼ tsp ground cinnamon
- 2 tsp caster sugar
- 2 large eggs
- 150g plain yogurt
- 325ml milk

ALL YOU HAVE TO DO

- Tip the flour, baking powder, cinnamon and sugar into a bowl, add a good pinch of salt and combine with a whisk.
- Add the eggs, yogurt and milk to the bowl and whisk into a smooth batter. Cover and chill until ready to cook.
- Heat a glug of oil in a large, heavy frying pan, wipe the oil around the pan with a piece of kitchen paper, leaving a fine coating of oil on the surface (remember to wipe a little more oil round the pan before each pancake).
- When the pan is hot but not smoking (keep it over a moderate heat) pour the batter into the pan. It should sizzle just a little as it hits the pan – adjust the heat if you need to. Cook each pancake until the underside is golden; by this time bubbles should be appearing on the surface and the edges beginning to set; the pancake is ready to flip over. They should take roughly 2 mins on each side.



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Easy banana pancakes – Make about 12 small pancakes

YOU'LL NEED:

- 350g self-raising flour
- 1 tsp baking powder
- 2 very ripe bananas
- 2 medium eggs
- 1 tsp vanilla extract
- 250ml whole milk
- Butter, for frying

ALL YOU HAVE TO DO

- Sieve the flour, baking powder & a generous pinch of salt into a large bowl.
- In a separate mixing bowl, mash the bananas with a fork until smooth, then whisk in the eggs, vanilla extract and milk. Make a well in the centre of the dry ingredients, tip in the wet ingredients and whisk together to create a smooth batter.
- Heat a little knob of butter in a large non-stick pan over a medium heat. Add 2-3 tbsp of the batter to the pan and cook for several minutes, or until small bubbles start appearing on the surface. Flip the pancake over and cook for 1-2 mins on the other side.

Easy vegan pancakes – Make about 16 pancakes

YOU'LL NEED:

- 300g self-raising flour
- 1 tsp baking powder
- 1 tbsp sugar (any kind)
- 1 tbsp vanilla extract
- 400ml plant-based milk (e.g oat, almond or soya)
- 1 tbsp vegetable oil for cooking

ALL YOU HAVE TO DO

- Whisk the flour, baking powder, sugar, vanilla extract and a pinch of salt in a bowl using a balloon whisk until mixed. Slowly add the milk until you get a smooth, thick batter.
- Heat a little of the oil in a non-stick frying pan over a medium-low heat, and add 2 tbsp batter into the pan at a time to make small, round pancakes. Cook for 3-4 mins until the edges are set, and bubbles are appearing on the surface. Flip the pancakes over and cook for another 2-3 mins until golden on both sides and cooked through. Keep warm in a low oven while you cook the remaining pancakes.

Healthy pancakes – Make 10-12 pancakes

YOU'LL NEED:

- 50g self-raising flour
- 50g wholemeal or wholegrain flour
- 2 small eggs, separated
- 150ml skimmed milk

ALL YOU HAVE TO DO

- Sift the flours into a bowl. Add the egg yolks & a splash of milk, then stir to a thick paste. Add the remaining milk a little at a time so you don't make lumps in the batter.
- Whisk the egg whites until they stand up in stiff peaks, then fold them carefully into the batter – try not to squash out all the air.
- Heat a pan over a medium heat and pour in batter to make a pancake about 10 cm across. Cook for a minute until bubbles begin to pop on the surface and the edges are looking a little dry. Turn the pancake over. If it squirts out a little batter when you do, cook it on the other side a little longer.