

PANCAKES

For this recipe you need a small frying pan and a little sunflower or vegetable oil for frying.

Basic Recipe:

100g plain flour, 2 eggs, 300ml. milk, pinch salt.

Mix all ingredients together to form a smooth batter. Heat a little oil in pan and when hot pour in approx. 2 tbsp of mixture (the pancakes need to be thin). Tilt the pan to spread the mixture. When golden brown underneath, flip and cook on the other side. Turn on to a plate and keep warm. Repeat until all the mix is used.

Suggested toppings:

Lemon juice/sugar, maple syrup, golden syrup, chocolate sauce, mixed berry compote, honey and sliced banana.

Savoury fillings: smoked salmon/citrus cream cheese, Spinach with mushrooms and cream cheese (saute chopped onions and sliced mushrooms, wilt in spinach, season. Spread cream cheese on pancake, with some of spinach mix. Roll and cover with cheese sauce, sprinkle with grated cheese and place under grill until golden and bubbly.) Curried chicken, or mince Bolognese are also tasty, also try roasted vegetables.

Scotch Pancakes (dropped scones)

225g. SR Flour, 25g castor sugar, 40g melted butter, 1 egg, 250ml milk, 2 tsp veg. oil.

You need a large frying pan.

Sift flour and sugar into a bowl. Make a well in centre, add melted butter, egg and half the milk. Mix together then slowly stir in the remaining milk to make a smooth, thick batter. Heat pan until hot, brush with half tsp oil. Spoon 2 tbsp batter on top of each other in the pan to form a pancake about 8cm wide. Cook in batches of 3 over a med heat for 1 – 2 mins until bubbles appear on surface, flip and cook for 1 min on other side until golden and puffed up. Transfer to wire rack, cover and keep warm. Repeat until all mix is used. Serve warm or cold with butter and jam.

So your dogs don't miss out this recipe is from the Dog's Trust.

50g plain flour, 1 egg, 100 ml water.

Combine ingredients into a batter (add more water if needed). Cook in pan in small amount of oil – this will keep their coats shiny and healthy –

Optional toppings: marmite, chopped vegetables, banana or apple pieces.