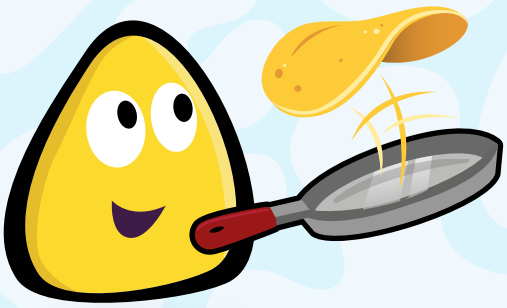
Pancakes



You will need

200g	plain flour
400ml	milk
2	large eggs, lightly whisked
1 tbsp	vegetable oil
	a pinch of salt
	vegetable oil for frying



Let's Make Together!

1. Put the flour in a large bowl with a pinch of salt, make a well in the centre, pour in the milk and eggs, then whisk until you have a smooth batter. Add the vegetable oil and whisk again.

2. Take a large frying pan and carefully wipe the inside of the pan with some kitchen roll dipped in vegetable oil.

3. With a grown-ups help heat the pan over a medium heat for about a minute, then add just under a ladleful of batter to the pan and immediately start swirling it around to get a nice even layer.

4. Cook the pancake for about 30 seconds then use a palette knife or spatula to lift the pancake carefully and check that it's golden-brown before turning over. Cook the other side for around 30 seconds and your delicious pancake is ready!

Grown-ups

If you like, you could give your little one a selection of toppings to sprinkle on their own pancake - if children feel 'in charge' of their own food, they're more likely to try out new things and be adventurous!

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