

This Mini Pancake recipe uses a basic batter mix with self raising flour. This makes delicious light and fluffy pancakes. You can make them sweet or savoury by adding your own toppings.



Dairy, egg, fish (optional), wheat/gluten

Equipment

Weighing scales
Mixing bowl
Measuring jug
Wooden spoon or whisk
Large spoon
Table knife
Measuring spoons
Frying pan
Palette knife or fish slice
Kitchen towel
Wire rack or plate

Ingredients

Makes about 60 bite-sized servings

150g self-raising flour
1 egg
250ml semi-skimmed milk
Oil for greasing

Toppings:

Fruity Pancakes

1 small tub (200ml) mascarpone
1 punnet (150g) raspberries

Smoked Salmon Blinis

1 small tub (200ml)
low-fat crème fraîche
1 small pack (approx 120g)
smoked salmon trimmings

Top tips

- A non-stick pan frying pan is the easiest to use as the pancakes won't stick.
- An oil spray will ensure a fine layer of oil. Alternatively, use a pastry brush to brush the surface with some oil.
- These pancakes can be served warm or cold, but if they are served warm the crème fraîche or mascarpone will soften.



Let's Get Cooking provides training, support and resources for setting up and running healthy cooking activities for people of all ages. Let's Get Cooking is a programme run by the Children's Food Trust with the School Food Trust.

www.letsgetcooking.org.uk

The Children's Food Trust with the School Food Trust.

The Children's Food Trust is a community interest company working with the School Food Trust, a registered charity and specialist advisor to Government on school meals, children's food and related skills. Both organisations share the vision that all children should have a balanced diet, cooking skills and food education that will help them reach their full potential as adults.

Method

1. Put the flour into the mixing bowl. Make a well in the centre and add the egg and about half of the milk. Using a whisk or wooden spoon mix to a smooth, thick batter. You may need to add a little more milk if the batter is too thick to mix.
2. When the batter is smooth, gradually stir in the rest of the milk until it is well combined.
3. Add a small amount of oil to the frying pan, just enough to give a non-stick layer to the surface of the pan.
4. Heat the frying pan on high until the oil begins to smoke, then turn down the heat to medium.
5. Using a 5ml spoon, pour the batter onto the surface of the pan. This should make pancakes about 3cm in diameter.
6. Leave each pancake for about 30 seconds. Bubbles will appear on the surface and the mixture will start to set. Flip each pancake over using a palette knife or fish slice and leave for another 30 seconds.
7. Transfer each pancake to a wire rack or some kitchen towel on a plate.
8. Top each pancake with one 5ml spoon crème fraîche and one or two smoked salmon pieces or one 5ml spoon mascarpone and two or three raspberries.

Something to try next time

- Add flavourings to the batter mix. Try chopped herbs, dried fruit or chopped bananas.
- Try some other toppings such as cream cheese, sun-dried tomato and chopped chives.
- Try small pieces of smoked mackerel instead of smoked salmon, making sure you remove any bones.
- A 10ml spoon will make pancakes about 5cm across if you want to make larger servings.

Prepare now, eat later

Prepare ahead?

- Make the batter in advance and store, covered, in the fridge for up to 24 hours.

Keep for later?

- Store the cooked pancakes between layers of greaseproof paper. They can be stored in the fridge for up to two days or they can be frozen for up to one month. Defrost them in the fridge and reheat them quickly in a non-stick frying pan.



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The Children's Food Trust - CIC
(Community Interest Company) number 7449255
The School Food Trust - registered charity number 1118995

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