

Pancake

Pancakes, are made with a light batter mix, and are cooked as thin as possible so they are almost lacy in texture. They can be served hot or cold, and filled or topped with savory or sweet fillings. The ingredients are staples (flour, milk, and egg), so Pancake are a perfect spur-of-the- moment dish. American-style pancakes are thicker and smaller, made with added baking powder. They are usually served with sweet toppings of cream or maple syrup for breakfast.

How to freeze Pancakes

Cooked crêpes can be frozen for up to 1 month. Layer them between sheets of parchment paper. Cool, seal in a plastic bag, and freeze.

Ingredients

2 cups milk
2 eggs
1 1/2 cups all-purpose flour
Pinch salt
1 stick (4 ounces) unsalted butter, melted
1 tablespoon butter to brush the pan



Directions

A simple batter mix and a good pan are all you need.

Step 1: Sieve 4½oz (125g) all-purpose flour into a bowl with a pinch of salt. Make a well in the center and crack 1 egg into it. Gradually add 10fl oz (300ml) milk, stirring with a wooden spoon and incorporating the flour as you go. Continue stirring until all the milk is added, then whisk until smooth. Put in the refrigerator to rest for 30 minutes.

Step 2: Heat a drizzle of oil in a nonstick crêpe pan, or frying pan, and swirl it around. Pour out

any extra. Add a little of the batter, swirling it around so it coats the bottom of the pan.

Step 3: Cook for 1–2 minutes, over medium heat, until the edges start to look dry. Then, using a round-ended knife, loosen the edges and flip it using a spatula, or without, to cook the other side.

Step 4: Check the second side, after a minute or two. When brown speckles appear, transfer to a plate to serve. Fill with your favorite fillings, or serve flat, drizzled with lemon juice and sprinkled with sugar.

SEPARATING EGGS



To separate eggs, break the egg with the back of a knife or on the side of a small bowl.



The easiest way to separate eggs is to use the shell halves, moving the yolk back or forth once or twice so that the white falls into a bowl. Be careful, however, not to allow any of the yolk to mix in with the whites or they will not rise fully during beating.

