



Pancake



Ingredients

100g (4oz) plain flour
1 large egg
250 ml (½ pint) semi-skimmed milk
oil for frying, e.g. spray oil

Equipment

Measuring jug, whisk (or fork), mixing bowl, small non-stick frying pan and fish slice or spatula.

Method

1. Whisk all the ingredients together to form a smooth batter.
2. Heat the frying pan with a little oil, enough to cover the surface.
3. Pour in a small quantity of batter, enough to cover the surface of the pan.
4. Cook for 2-3 minutes, then toss the pancake over and cook the other side.
5. Serve with fresh or canned fruit, lemon juice, a little reduced sugar jam or a small sprinkle of sugar.

Nutrition Information

Pancake	per 100g	per recipe	per portion (1 pancake)
Energy (kJ)	629	2648	662
Energy (kcal)	150	633	158
Protein (g)	6.1	25.5	6.4
Fat (g)	5.3	22.2	5.6
of which saturates (g)	1.4	5.8	1.5
Carbohydrate (g)	21.2	89.4	22.4
of which sugars (g)	3.1	13.2	3.3
Fibre (g)	0.7	3.1	0.8
Sodium (mg)	47	196	49
Salt (g)	0.1	0.5	0.1

Notes

Key Messages

Healthy eating

- A spray oil can help to reduce the amount of oil used in cooking the pancakes so reducing their fat content.
- Serve the pancakes with a fresh fruit salad.
- Food high in fat and sugar should only form a small part of your diet.
- If serving with sugar, use a sugar substitute instead.

Money

- Pancakes are very versatile and work well with almost any filling, so use leftover food, either sweet or savoury, to experiment, e.g. mushroom and spinach pancakes.

Food safety

- Keep eggs in the fridge, away from strong odours and use them by the 'best before' date - don't use eggs with damaged or dirty shells.