

Savoury Pancakes

Ingredients

100g white plain flour
25g wholemeal plain flour
2 eggs (medium)
275 ml semi skimmed milk
Pinch paprika powder
Oil for frying
6-8 slices of ham
60g canned pineapple pieces -drained
60g cheddar cheese



Equipment

Weighing scales, grater, chopping board, sieve, mixing bowl, small bowl, fork, wooden spoon, measuring jug, frying pan, 15ml spoon, fish slice, and large metal spoon.



Method

1. Grate the cheese.



3. Break the eggs into the separate bowl and beat with the fork.



2. Sift the flours and paprika into the mixing bowl.



4. Make a well in the flour and add the eggs mixing with the wooden spoon.



5. Gradually add the milk, mixing well to remove any lumps.



6. Pour the mixture into the measuring jug.



7. Add a little oil to a frying pan on a medium heat.



8. Pour three 15ml spoons of the mixture in the centre of the frying pan.



9. Cook until bubbles appear on the surface and then turn using the fish slice.



10. Cook the underside of the pancake for one minute or until golden brown.



11. Roll up pancakes with the ham, pineapple and cheese.

