



Savoury pancakes

Ingredients

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

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.
2. Sift the flours and paprika into the mixing bowl.
3. Break the eggs into the separate bowl and beat with the fork.
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.

Top tips

Transfer the pancake batter to a jug or use a ladle to reduce the spills as the mixture is placed into the frying pan.

Stack the pancakes as you make them between sheets of greaseproof paper on a plate kept in a warm oven to keep them warm.

Different herbs, spices or fillings can be added to the pancake recipe for a different taste.

Skills

Using the hob	Measuring	Weighing	Mixing	Shallow frying
Chopping	Whisking			