


## D and T

(Teaching Point: the children can follow instructions from adults to fry a pancake)

We are going to make some pancakes - they are a little bit like Chapati we tried last week. You will need adult support and be able to listen very carefully to the instructions for Health and Safety reasons.



### Ingredients

- 100g [plain flour](#)
- 2 [large eggs](#)
- 300ml [milk](#)
- 1 tbsp sunflower or vegetable oil, plus a little extra for frying
- [lemon wedges](#) to serve (optional)
- [caster sugar](#) to serve (optional)

### Method

**STEP 1**  
Put 100g plain flour, 2 large eggs, 300ml milk, 1 tbsp sunflower or vegetable oil and a pinch of salt into a bowl or large jug, then [whisk](#) to a smooth batter.

**STEP 2**  
Set aside for 30 mins to rest if you have time, or start cooking straight away.

**STEP 3**  
Set a [medium frying pan or crêpe pan](#) over a medium heat and carefully wipe it with some oiled kitchen paper.

**STEP 4**  
When hot, cook your pancakes for 1 min on each side until golden, keeping them warm in a low oven as you go.

**STEP 5**  
Serve with lemon wedges and caster sugar, or your favourite filling. *Once cold,*

What do you need to remember before making or eating food? How can you get the right amount of ingredients? Is there any equipment you may need? If have eaten Chappti before - are they similar or very different? Talk about these things with your adult.



### Send us on Dojo:

Please send us pictures of you making your pancakes with a sentence telling us if you enjoyed them or not and why.