

### TRADITIONAL PANCAKES



Enjoy with savoury or sweet fillings! Recipe makes 8 pancakes which can be made ahead & reheated

#### Your shopping list - all available at Johns!

- 100g (gluten free) plain flour
- 2 local free range eggs
- 300ml West country semi-skimmed milk
- 1 tbs sunflower/vegetable oil + extra for frying
- Pinch of salt

*Ideas for fillings: Instow Cheddar & west country ham, mushroom & baby spinach, apple & cinnamon, banana & maple syrup or with the traditional sugar & lemon juice!*

#### PREPARATION

1. Put the oven on a very low temperature.
2. Put the flour & salt into a large mixing bowl making a well in the centre.
3. Crack the eggs into the middle, then pour in about 50ml milk & 1 tbsp oil.
4. Start whisking from the centre, gradually drawing the flour into the wet ingredients. Once all the flour is mixed, beat until you have a smooth, thick paste. Add a little more milk if it is too stiff to beat.
5. While still whisking, pour in the remaining milk until you have a batter that is the consistency of single cream.
6. Heat the frying pan over a moderate heat, then add a splash of oil, swirling it across the pan.
7. Add approx  $\frac{1}{2}$  to  $\frac{3}{4}$  of a soup ladle of batter into the pan, tilting the pan to move the mixture around to reach all the edges for a thin and even layer.
8. Cook each side for about 30seconds. Pop your cooked pancakes warm into the oven to keep warm.
9. Repeat steps 5-7 until all the batter has been used. Toss a few pancakes if you like too!
10. Fill or top with your favourite flavours and enjoy!