

Mini Pancakes

Mini pancakes make a perfect snack. You can make them sweet or savoury by adding your own toppings.



Egg, fish, milk and wheat (gluten)*

Nutritional information per portion (78g)

| Energy | Fat | Saturated | Carbohydrate | Salt |
|------------------------|------------|-------------|--------------|-------------|
| 502kJ 119kcal 6% | 5.1g 7% | 2.9g 15% | 2.3g 3% | 0.48g 8% |

of an adult's reference intake
Typical values per 100g energy 644kJ/153kcal.

Equipment

Weighing scales
Mixing bowl
Measuring jug
Table knife
Whisk or wooden spoon
Measuring spoons
Frying pan
Palette knife or fish slice
Kitchen towel
Wire rack or plate

Ingredients

Serves 10 (makes approximately 60 pancakes. 6 pancakes per person)

150g self-raising flour
1 egg
250ml semi-skimmed milk
Oil for greasing

Fruity Pancakes

200ml light mascarpone
150g raspberries

Smoked Salmon Blinis

200ml reduced-fat crème fraîche

Approx. 120g smoked salmon trimmings

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked



Top Tips

- A non-stick frying pan is the easiest to use as the pancakes won't stick.
- An oil spray will ensure a fine layer of oil. Alternatively, use a pastry brush to brush the frying pan with some oil.
- These pancakes can be served warm or cold, but if they are served warm the crème fraîche or mascarpone will soften.

Mini Pancakes

Method

1. Put the flour into the mixing bowl. Make a well in the centre and add the egg and about half of the milk. Using a whisk, or wooden spoon mix to a smooth, thick batter. You may need to add a little more milk if the batter is too thick to mix.
2. When the batter is smooth, gradually stir in the rest of the milk until it is well combined.
3. Add a small amount of oil to the frying pan, just enough to give a non-stick layer to the surface of the pan.
4. Heat the frying pan on high until the oil begins to smoke, then turn down the heat to medium.
5. Pour 15ml spoons of batter onto the surface of the pan. This should make pancakes about 3cm in diameter.
6. Leave each pancake for about 30 seconds. Bubbles will appear on the surface and the mixture will start to set. Flip each pancake over using a palette knife or fish slice and leave for another 30 seconds.
7. Transfer pancakes to a wire rack or some kitchen towel on a plate.
8. Top each pancake with 1 x 5ml spoon crème fraîche and 1 or 2 smoked salmon pieces, or 1 x 5ml spoon mascarpone and 2 or 3 raspberries.

Something to try next time

- Add flavourings to the batter mix, like fresh herbs for savoury pancakes or dried fruit or chopped banana for sweet ones.
- Try some other toppings such as cream cheese, sun-dried tomato and chopped chives, or cream cheese and ham.
- Try small pieces of smoked mackerel instead of smoked salmon, making sure you remove any bones.
- Try cheese and ham or your favourite seasonal fruit.

Prepare now, eat later

- Make the batter in advance and store, covered, in the fridge for up to 24 hours.
- Store the cooked pancakes between layers of greaseproof paper in the fridge for up to 48 hours or they can be frozen for up to 1 month. Defrost them in the fridge and reheat them quickly in a non-stick frying pan.

Skills used include:

Weighing, measuring, whisking, mixing/combining, frying and serving.

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