

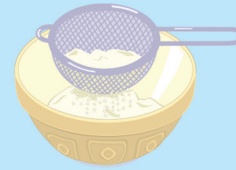
Pancakes



To make about 12 pancakes, you will need:

- 100g (4oz) plain flour
- a pinch of salt
- 1 egg
- 1 tablespoon of sunflower oil
- 300ml (½ pint) milk
- sunflower oil, for wiping

✿ Eat the pancakes straight away, while they are hot. Eat them with golden or maple syrup, or lemon juice and caster sugar.



1. Put the flour and salt into a sieve, over a large bowl. Shake the sieve until all the flour has fallen through.



2. Press a spoon into the middle of the flour, to make a hollow. Break an egg into a cup, then pour it into the hollow.



3. Add the tablespoon of oil and 2 tablespoons of milk. Use a whisk to start mixing the egg, oil and milk with the flour.



4. Add some more milk and mix it with more of the flour. Repeat this until all the milk is mixed in and the batter is smooth.



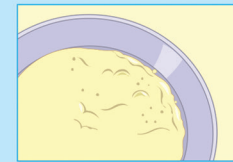
5. Put 2 tablespoons of oil into a cup, for wiping. Then, heat a small frying pan on a medium heat for about a minute.



6. Dip a paper towel into the oil and quickly wipe it over the bottom of the pan. Don't touch the hot pan with your fingers.



7. Add 3 tablespoons of batter, then take the pan off the heat. Then, carefully swirl the batter around to make a circle.



8. Put the pan on the heat. Cook the batter for about a minute, until it is pale and lightly cooked, with little holes on top.



Use a spatula to loosen and flip the pancake.

9. Loosen the edge of the pancake, then flip it over. Cook it for 30 seconds, then slide it onto a plate. Make more pancakes.