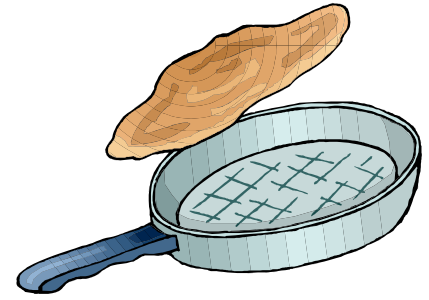


## **TRADITIONAL BASIC PANCAKE Recipe.**



### **INGREDIENTS**

8oz 220g	self raising flour
1 pint (500 ml)	milk
2	eggs
pinch	salt
1 1/2oz (40 g)	lard

### **METHOD**

- ☺ Sieve the flour and salt into a basin, making a well in the centre.
- ☺ Break the eggs one at a time and pour into the well.
- ☺ Gradually beat the eggs and flour together, adding the milk little by little until you have a creamy batter.
- ☺ Beat the batter for a few minutes to aerate it (put lots of air bubbles in), and leave to stand for an hour or so if possible.



Heat the frying pan or griddle with a little lard and pour enough batter to cover the area needed. Cook until the top is dry, and then either toss or turn the pancake and cook the other side until brown.

Turn out onto a greaseproof paper, sprinkle with sugar and lemon juice as desired and roll up before serving.