

## SHROVE TUESDAY

In French this day is called Mardi Gras, which means 'fat Tuesday'. It is also the day before Lent starts. Fatten yourself up today by making pancakes out of all the different ingredients your cupboards have to offer.

FEBRUARY

20



## HOW TO MAKE APRICOT PANCAKES

Time (Mins)

20

Serves

4

PLEASE GET AN ADULT TO HELP YOU MAKE THIS

### YOU WILL NEED:



1 Egg



240 Mls  
Milk



457 Grams  
Plain Flour



2 Teaspoons  
Baking Powder



1/2 Can  
Apricots



2 Tablepoons  
Butter

- 1 Sift flour into a bowl. Add egg and mix lightly with a fork.
- 2 Add milk, mixing constantly until smooth.
- 3 Add apricots to mixture.
- 4 Put the mixture in a blender and blend for 1 minute or until smooth.
- 5 Heat a non-stick pan and add butter.
- 6 Put the desired amount of pancake batter in the pan.
- 7 Cook for 3 minutes and flip over, until golden on each side.
- 8 Serve with maple syrup or a topping of your choice.



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## HOW TO MAKE POTATO PANCAKES

Time (Mins)

20

Serves

4

PLEASE GET AN ADULT TO HELP YOU MAKE THIS

### YOU WILL NEED:



2 Eggs



460 Grams  
Grated Potato



2 Tablespoons  
Plain Flour



1/2 Teaspoon  
Salt



1/2 Teaspoon  
Black Pepper

- 1** The potato should be peeled and kept in cold water over night, drained and grated in the morning.
- 2** Beat the eggs separately then mix in all the ingredients.
- 3** Pour the mixture into a non-stick greased pan, and brown each side for 3 mins.
- 4** In winter serve with meat, in summer serve with Tomato or Brown Sauce.



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## HOW TO PLAN A PANCAKE RACE

Players

6-8

PLEASE GET AN ADULT TO HELP YOU PLAN THIS

### YOU WILL NEED:



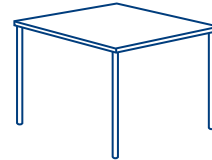
6 - 8 Friends



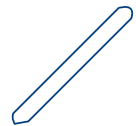
Frying Pan



Pancakes



Table



Chalk

- 1 Arrange 2 relay teams of three or four of your friends.
- 2 Use chalk to mark out a 30 metre straight course. At one end of the course, set up a small table. Place a frying pan with a pancake in it on the table. (Don't use a hot pan - for the purposes of the game a cold pan and cold pancake will do).
- 3 Each contestant must race to one end, then flip the pancake twice in a row. If you miss, then you must keep flipping until you get two flips in a row.
- 4 Once you do this, race back to your other team members and tag the next runner.
- 5 The next runner repeats the process. The team to finish first is the winner.
- 6 You can adapt the game by making each contestant run with the frying pan, continuously flipping the pancake as they run. However, instead of a table at the end of the course, split the team so that two contestants are at one end and two are at the opposite end. When the contestant reaches the other end, they give the pan to the next contestant. The first team to finish first wins.