

NUTRITION: Lazza's Kitchen Adventure

Pancakes

**A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his first ever Pancakes from scratch**

The Ancient Greeks made pancakes called τηγανίτης (*tēganitēs*), ταγηνίτης (*tagēnitēs*) or ταγηνίας (*tagēnias*), all words deriving from ταγηνον (*tagēnon*), "frying pan". The earliest attested references to *tagenias* are in the works of the 5th-century BC poets Cratinus and Magnes.

The Middle English word "pancake" appears in English in the 15th century.

Ingredients

210 grams self raising flour
30 grams caster sugar
2 teaspoons baking powder
1/8 teaspoon salt
55 grams unsalted melted butter
1 teaspoon vanilla extract
2 large eggs
240 ml full fat milk (can use buttermilk)
Butter, for frying

In a large mixing bowl, add flour, sugar, baking powder and salt. Give it a little stir. In a separate bowl, add melted butter, vanilla, eggs and milk and stir with a fork just to break up the egg yolks.

Add the wet mixture to the flour mixture and gently fold through. The mixture will be very thick .

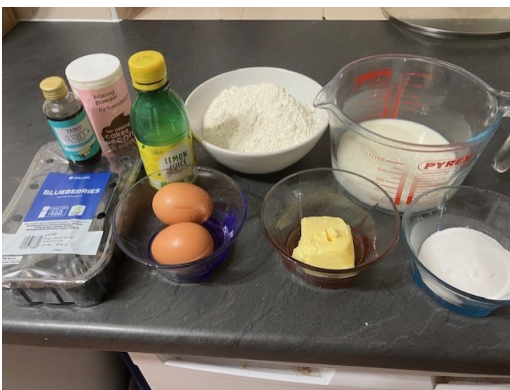
Heat a small frying pan on a medium-low heat, add a little butter (1 teaspoon) to the pan and let it melt.

Dollop 3 tablespoons of pancake batter into the middle of the pan. Use a dessert spoon to gently spread the batter out slightly to form a large circle, approximately 12cm in diameter.

Heat pancakes for 1 minute or until golden brown on the bottom and then flip. Heat on the opposite side for about 1 minute or until also golden. Remove from heat and set aside. Repeat with remaining pancake batter. Serve pancakes immediately. - I had mine with lemon juice and sugar (classic) - but the choice is yours.



Mine did come out a little burnt - it's all in the timing - but they were delicious!!!!



**During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.
Why not try out some new recipes and foods yourself?
More on HMHB recipe pages: www.hmhb2016.org.uk
This was a great and very tasty recipe to prepare.**