

Pancake Competition

...

Pancake Day

Pancake day, or Shrove Tuesday, is the traditional feast day before the start of Lent - the 40 days leading up to Easter. On Shrove Tuesday, Anglo-Saxon Christians went to confession and were 'shriven' (absolved of their sins). A bell would be rung to call people to confession. This came to be called the 'Pancake Bell' and is still rung today.

Shrove Tuesday always falls 47 days before Easter Sunday, so the date varies from year to year and falls between February 3 and March 9. In 2021 Shrove Tuesday will fall on February 16th.

Half Term Pancake Challenge

How creative can you be?

Key Stage 3 (Years 7 and 8) Challenge - design and make a creative sweet or savoury pancake that uses at least two fruits or vegetables in its design.

Submit your entry form to Mrs Forshaw at the following email address: EvansH382@hwbcymru.net, or Owenr320@hwbcymru.net 22nd February to be in with a chance of winning a prize/ RRP points.

Judges will be considering :

- Creativity and imagination.
- Promoting healthy eating.
- Incorporating a variety of skills such as pouring, mixing and chopping.



EXTREME Challenge

How creative can you be?

Key Stage 4 (Year 10 and 11) - design and make a 3D pancake object or scene using either sweet or savoury pancakes.

Submit your entry form to Mrs Forshaw at the following email address: EvansH382@hwbcymru.net Or Owenr320@hwbcymru.net , 22nd February to be in with a chance of winning a prize/ RRP points.

Judges will be considering :

- Creativity and imagination.
- Structure and design
- Use of colour and pattern



Pancake Competition

Entry Form

Photographs of your final Pancake entry:

Full Name:

Year group:

Class:

Tell us a bit about your design here:

What ingredients did you use?

Tell us a bit about your design:

Basic Pancake Recipe



Health & Safety: You must have permission and be supervised by an adult when cooking in the kitchen.

Ingredients:

100g plain flour

2 large eggs

300ml milk

1 tbsp sunflower or vegetable oil, plus a little extra for frying



Method:

1. Put plain flour, eggs, 1 tbsp oil and a pinch of salt into a bowl or large jug, then whisk to remove any lumps. Gradually add your milk, whisking until you have a smooth batter.
1. Set aside for 30 mins to rest if you have time, or start cooking straight away.
1. Set a medium frying pan or crêpe pan over a medium heat and carefully wipe it with some oiled kitchen paper.
1. When hot, pour a small amount of batter in to your pan, just enough to coat the bottom.
1. Cook your pancakes for 1 min on each side until golden, keeping them warm in a low oven as you go.