

National Pancake Day!!





Shrove Tuesday also known as Pancake Tuesday is the traditional feast day that happens before the start of Ash Wednesday on February 21st

The Pancake has a very long history in English baking. There are recipes from as early as 1439



**This tradition comes from trying to use up
eggs and other fats before the fast of lent
begins for easter**

**What is a Pancake?: A pancake is a thin flat
cake that is best served immediately**



In The UK every year there are pancake races, usually women dress up in aprons or head scarves and run down the street with a pancake in their pan





The ingredients for pancakes can be seen to symbolise four points of significance at this time of year:

- ★ **Eggs~ Creation**
- ★ **Flour ~ The staff of life**
- ★ **Salt~ Wholesomeness**
- ★ **Milk~ Purity**



Classic Pancake Recipe!

- ★ 1 Egg
- ★ 1 Cup of all Purpose Flour
- ★ 1 tablespoon of sugar
- ★ 3 teaspoons of baking powder
- ★ $\frac{1}{4}$ teaspoon of salt
- ★ $\frac{3}{4}$ cup of milk
- ★ 2 tablespoons of vegetable oil or melted butter
- ★ Add syrup or fruit of your liking!





Review:

- ★ Why do people celebrate Pancake Day?
- ★ What is an activity people do on Pancake day?
- ★ Can you name two ingredients that go in pancakes?
- ★ What is your favorite topping to put on a pancake?