

Pancakes all round!

Kids will love helping you make these special pancakes on Shrove Tuesday. As well as on Wednesday, Thursday, Friday...

A sprinkling of sugar with a squeeze of lemon; lots of fruit and a dollop of jam... everyone has a favourite pancake filling. But they don't have to be sweet; indeed, you can use them to sneak some surprise veg into your meal – which is great when it comes to feeding your family, because kids love to get involved with making pancakes and experimenting with new toppings. We asked children's food expert Fiona Faulkner to devise some interesting combinations to finish off her basic pancake recipe, which your children can make with you in the kitchen. The sweet potato pancakes really are sweet! But don't just take our word for it; you'll have to try them yourself to believe it...

BASIC PANCAKE MIX

MAKES 6 LARGE PANCAKES **PREP** 5 MINS
COOK 20 MINS **PLUS** RESTING 30 MINS

125g plain flour
pinch salt
1 egg
250ml semi-skimmed milk
1 tbsp melted butter, slightly cooled
vegetable or sunflower oil for frying

- 1 Sift the flour and salt into a bowl. Create a well in the centre and add the egg with about a third of the milk and all of the melted butter and combine everything with a whisk.
- 2 Once all the flour is incorporated, add the remaining milk and, using your whisk (an electric one works well), combine it all. Transfer to a jug and rest in the fridge for at least 30 minutes.
- 3 To make a classic pancake, melt a tiny bit of oil in a non-stick frying pan, just to coat the pan. The pan must get very hot (you'll start to see smoke) before you add any batter.
- 4 Add about a ladleful of pancake batter and swirl it about to cover the bottom of the pan. Turn the heat down slightly and cook through



on both sides until golden. Use a spatula to turn it, or flip it gently with a flick of your wrist if you're feeling lucky (see our tip for flipping pancakes on page 38). Repeat with the rest of the batter. Serve the pancakes immediately with your favourite topping.

COOK'S TIP You can leave the batter resting in the fridge overnight or for up to 48 hours. Give it a quick mix with a spoon before using.

One pancake provides...

156	2.2g	7.8g	2.5g	0.3g
Calories	Sugar	Fat	Saturates	Salt
8.7%	2.6%	11%	13%	7.5%

of your guideline daily amount (children aged 5-11)





Let your kids get creative and make patterns (or even faces) with the toppings



PIZZA PANCAKES

MAKES 6 PREP 5 MINS COOK 10 MINS
PLUS RESTING 30 MINS

- 1 basic pancake mix (see page 69)
- 6 tbsp Morrisons Eat Smart Pasta Sauce
- 180g extra mature white lighter cheese, grated
- 180g pineapple chunks in juice (drained)
- 90g olives, pitted
- 90g sweetcorn
- handful fresh basil leaves, torn
- To serve**
- green leaf salad

- 1 Preheat the oven to 210°C/410°F/Gas 6½. Cook six pancakes using the basic mix instructions.
- 2 Top each pancake with 1 tbsp sauce, sprinkle with cheese, then add the pineapple, olives and sweetcorn.
- 3 Place the pancake on a baking sheet and cook for 5 minutes until the cheese has melted and is bubbling.
- 4 Remove the baking sheet with oven gloves and use a spatula to remove the pizza pancake onto a plate. Garnish with fresh basil and serve with a green leaf salad.

COOK'S TIP You might need to cook these in batches, but you can be frying the second round of pancakes while the topped ones are baking in the oven.

One serving of provides...

297	6.8g	15.5g	5.9g	1.2g
Calories	Sugar	Fat	Saturates	Salt
17%	8%	22%	30%	30%

of your guideline daily amount (children aged 5-11)

 **VIDEO RECIPE** 

Watch Fiona make this pizza and get some handy tips at www.morrisons.co.uk/magazine



CHEESY CHICKEN PANCAKE BAKE WITH SNEAKY VEG

SERVES 6 PREP 25 MINS COOK 10 MINS
PLUS RESTING 30 MINS

- 1 basic pancake mix (see page 69)
- 1 leek, sliced
- 1 tbsp vegetable oil
- 500ml cold skimmed milk
- 50g flour
- 50g low fat sunflower spread
- 50g extra mature white lighter cheese
- 100g frozen peas
- 100g cooked chicken, cut into pieces

- 1 Make the basic pancake batter and rest it.
- 2 Meanwhile, sauté the leeks in oil for 5-6 minutes. At the same time, heat the milk, spread and flour in a pan, whisking continually, for 5-6 minutes. As it starts to boil it will thicken.
- 3 Take the leeks off the heat and season. Once the sauce has thickened, remove from the heat, season then stir in the cheese, peas (the heat will thaw them), chicken and leeks. Set aside.
- 4 Preheat the oven to 220°C/425°F/Gas 7 and grease a casserole dish. Using the basic pancake mix method, cook 6-8 pancakes. As each is made, let it cool slightly then lay it in the dish, placing a couple of tablespoonfuls of the cheesy-chicken-veg mix over half the pancake before folding it over. Keep layering the pancakes and add any extra sauce round the edges. Bake for 10 minutes until piping hot and golden brown.

COOK'S TIP Experiment with other vegetables, such as sweetcorn or broccoli.


One serving of provides...

336	6.3g	16.9g	6g	0.7g
Calories	Sugar	Fat	Saturates	Salt
19%	7.4%	24%	30%	18%

of your guideline daily amount (children aged 5-10)



CINNAMON PANCAKES WITH BANANA AND HONEY

MAKES 12 PREP 5 MINS COOK 15 MINS PLUS RESTING 30 MINS 

- 1 basic pancake mix (see page 69), adjusted as below in step 1
 - 1 tsp baking powder
 - ½ tsp ground cinnamon, plus extra to serve
 - 6 tsp golden caster sugar
 - 1 tsp vanilla extract
 - 4 small (or 2 large) ripe bananas, roughly chopped, plus extra to serve
 - vegetable oil for frying
 - 6 tbsp low fat Greek-style yogurt
- chopped banana into the batter and stir through the mix to combine.
- 3 Heat a little oil in a frying pan then add 2 tbsp of the batter. Cook on both sides, turning with a spatula. Once golden brown, set aside and keep warm then continue with the rest of the pancake batter. Serve immediately with banana slices and 1 tbsp Greek-style yogurt with a sprinkling of ground cinnamon.

- 1 When making the basic pancake mix, leave out the salt and add the baking powder, cinnamon and sugar to the flour, then add only 100ml milk as well as the vanilla extract. Rest in the fridge for at least 30 minutes.
- 2 Before cooking the pancakes, mash the

COOK'S TIP For a really sweet treat, swap the yogurt for a dollop of ice cream.

One serving of provides...


235	17.7g	8.3g	2.7g	0.5g
Calories	Sugar	Fat	Saturates	Salt
13%	21%	12%	14%	13%

of your guideline daily amount (children aged 5-10)



An extra drizzle of honey makes these pancakes a perfect treat

SWEET POTATO PANCAKES WITH SPICED HONEY AND PINEAPPLE

MAKES 8 PREP 20 MINS COOK 15 MINS PLUS RESTING 30 MINS 

325g sweet potato, peeled and chopped
1 basic pancake mix (see page 69), adjusted as below in step 2
1 tsp baking powder
3 tbsp golden caster sugar
vegetable oil, for frying
200g pineapple chunks in juice (drained)
2 tsp honey
squeeze fresh lemon juice
½ tsp ground ginger
drizzle of honey (optional)

1 Boil the sweet potatoes in a pan of water until tender, then drain and cool.
2 Meanwhile, when making the basic pancake mix, add the baking powder and sugar to the flour. Don't add the salt. Pour in just 125ml milk. Rest the mix in the fridge for at least 30 minutes.
3 When ready to cook, mash the sweet potatoes and stir through the batter to combine.
4 Melt a little oil in a frying pan and once hot add 2 tbsp batter. Gently fry the pancake on both sides, turning with a spatula. Once

golden brown, set aside and keep warm then continue with the rest of the batter.
5 While the pancakes are cooking, place the pineapple, honey, lemon and ginger in a pan and gently heat through.
6 Serve the pancakes topped with the spiced pineapple and honey if desired.

One serving (without extra honey) provides...

196	14.3g	6g	2g	0.4g
Calories	Sugar	Fat	Saturates	Salt
11%	17%	2.6%	10%	10%

of your guideline daily amount (children aged 5-11)