

# Pancake Competition

Please Note You will only need to do 1 Challenge  
A or B



# 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 3th and March 9th. In 2021 Shrove Tuesday will fall on February 16th.

# Pancake Challenge

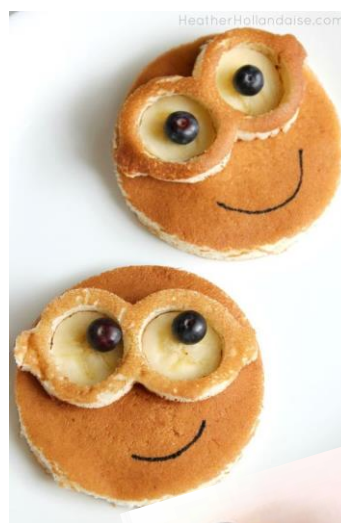
## How creative can you be?

**Challenge A for the Chefs** - design and make a creative sweet or savoury pancake that uses at least two fruits or vegetables in its design.

*Submit your entry to Mrs Thorpe by 22nd February to be in with a chance of winning a prize. Remember it must be all your own work. Good luck*

Marks will be awarded for:

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



# EXTREME Challenge

## How creative can you be?

**Challenge B** for the engineers/designers  
Design and make a 3D pancake object or scene  
using either sweet or savoury pancakes.

*Submit your entry to your Mrs Thorpe by: 22nd  
February to be in with a chance of winning a prize.*

Remember it must be all your own work.

Good luck

Marks will be awarded for:

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



# Pancake Competition

## Entry Form

Your design Idea:

**Full name:**

**Year group:**

**Tutor:**

Paste a picture of your final pancake 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:

- 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.
- Set aside for 30 mins to rest if you have time, or start cooking straight away.
- Set a medium frying pan or crêpe pan over a medium heat and carefully wipe it with some oiled kitchen paper.
- When hot, pour a small amount of batter in to your pan, just enough to coat the bottom.
- Cook your pancakes for 1 min on each side until golden, keeping them warm in a low oven as you go.