

# Savoury Pancakes

Year 4 – Spring Term

## Ingredients

- 50g plain flour }
- 150ml milk }
- 1 egg } between two children
- 1 small tomato
- 15g cheese – grated
- ½ slice ham

## Method

1. Weigh out the flour in your mixing bowl, using the measuring scales.
2. Crack the egg into a small bowl.
3. Add the egg to the flour.
4. Add the milk to your mixture.
5. Whisk ingredients together as shown.
6. Cook the pancakes in a frying pan.
7. Chop your tomato using the “bridge method”.
8. Place the tomato in a line down the middle of your pancake.
9. Chop your ham into small pieces.
10. Sprinkle half your cheese over the ham and tomatoes, saving some to sprinkle onto the top.
11. Fold your pancake up to make a parcel.
12. Sprinkle the remaining cheese on the top.

## Equipment



## Hints and tips

Once home, bake your savoury pancakes on a baking tray at 180 degrees for 10 minutes.

