



PANCAKE COMPETITION

LAST DAY FOR ENTERIES:





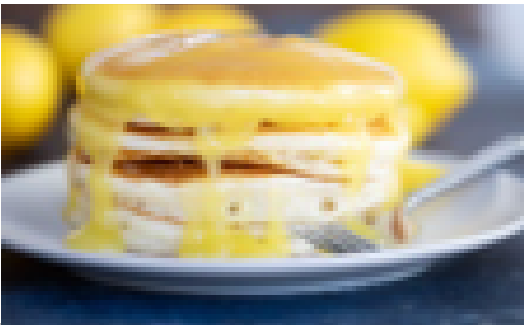


22/02/21

Prepare cook and serve a batch of sweet or savoury pancakes. Be creative!! There will be prizes for the most creative junior (1st - 3rd) , senior (TY-6th) and staff entry.

Entries will be judged based on creativity and presentation.

To enter take a picture of your pancake creation and send it via email to homeec@olschool.ie and put **'Junior'**, **'Senior'** or **'Staff'** in the subject line depending on what category you are in.

Inspiration:

EXAMPLES OF	
SWEET PANCAKES	SAVOURY PANCAKES
<ul style="list-style-type: none">➤ Caramelised banana and chocolate pancakes 	<ul style="list-style-type: none">➤ Potato pancakes 
<ul style="list-style-type: none">➤ Cinnamon roll pancakes➤ American blueberry pancakes 	<ul style="list-style-type: none">➤ Spicy vegetable pancakes➤ Ham and cheese pancakes 
<ul style="list-style-type: none">➤ Chocolate, raspberry and pistachio pancakes➤ Lemon drizzle pancakes 	<ul style="list-style-type: none">➤ Caramelised onion, tomato and brie pancakes➤ Brie stuffed pancakes with crispy bacon
<ul style="list-style-type: none">➤ Red velvet pancakes	<ul style="list-style-type: none">➤ Spinach and tuna pancakes 
<ul style="list-style-type: none">➤ Rainbow pancakes 	<ul style="list-style-type: none">➤ Chicken and mushroom pancakes

Perfect Pancakes



INGREDIENTS

- 125g Plain or Self Raising Flour
- 1 Egg
- 300ml Milk

EQUIPMENT

- Sieve
- Large mixing bowl
- Whisk/ wooden spoon
- Frying Pan
- Fish Slice

METHOD

1. Sieve the flour into a large mixing bowl.
2. Add the egg and milk. Mix until mixture becomes smooth.
3. Cover and allow to stand for about an hour.
4. Heat a little oil on a pan and drop spoonfuls of batter onto pan.
5. When mixture is puffed and bubbling on top, turn and cook on other side.
6. Serve warm with your favourite toppings.

