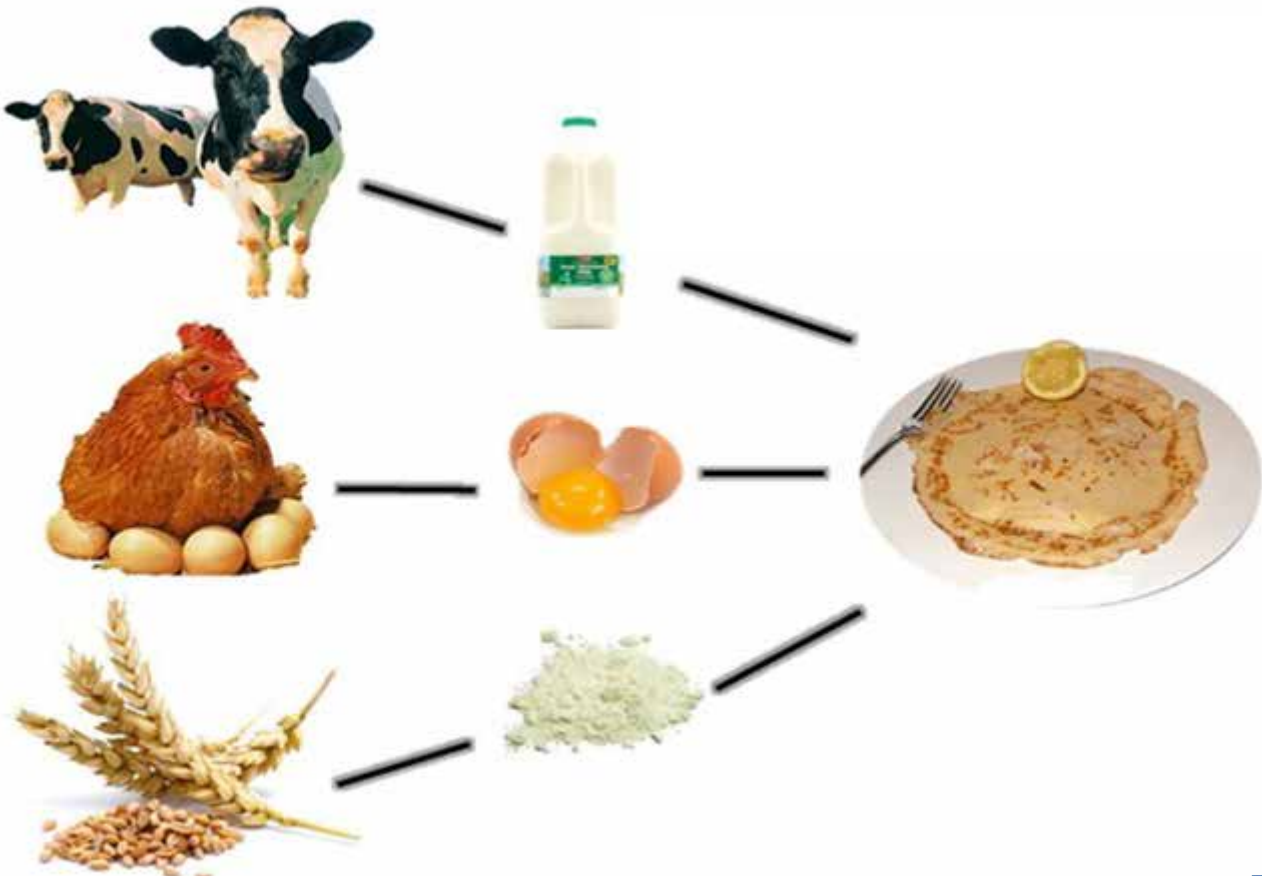


Pancake Day

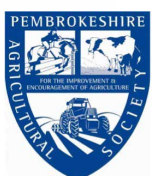
Let's see how we need farmers for all the ingredients for our pancakes



Pancakes are made from batter and batter is made using flour, eggs & milk



No Farmers = No pancakes



How to make a pancake

You will need:

Bowl

Sieve

Whisk

Frying pan

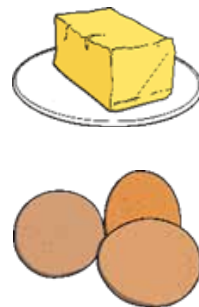
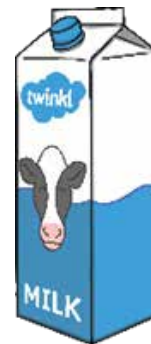
Ingredients:

100g plain flour

300ml milk

2 large eggs

a little butter for frying



Method:

STEP 1

Put 100g plain flour, 2 large eggs, 300ml milk and a pinch of salt into a bowl or large jug, then whisk to a smooth batter.

STEP 2

Set a medium frying pan over a medium heat and carefully melt some butter around the entire pan.

STEP 4

When the pan is hot, cook your pancakes for 1 min on each side until golden.

STEP 5

Serve with lemon wedges and caster sugar, or your favourite filling.

No Farmers = No pancakes



Pancake Day

Let's discuss...

What types of farmers do we need for our pancake ingredients?

What other products do these farmers give us?



Can you think of another food for which we need farmers?

COMPETITION TIME

In the box below draw or upload a photo of your pancake and favourite topping then label everything that has come from a farm

Email your labelled picture to: foodstory@pembsshow.org or post it to: The Food Story, Show Office, County Showground, Withybush, Haverfordwest, Pembrokeshire, SA62 4BW
Deadline for entries is: 28th February and the winning entry will win a Family Pass (2 adults and 3 children) to the Pembrokeshire County Show for both days (16th & 17th August 2023)