

Pancake Day : Tuesday 15th February : pancake mix / Tesco.

Contributors

Tesco (Firm)

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Pancake

DAY

TUESDAY 15TH FEBRUARY

RECIPES

from
TESCO

PANCAKE MIX

MAKES 8 PANCAKES

*125g (4 oz) Plain Flour,
Pinch of Salt, 2 Eggs,
300ml (1/2pt) Milk,
Vegetable Oil for frying*

METHOD

1. Sift flour and salt into a bowl, make a well in centre and break in eggs. Beat well with a wooden spoon, gradually adding the milk. Continue to beat until all the milk is added and the mixture resembles a smooth batter. (Alternatively, place flour, salt, eggs and half the milk in a liquidiser and blend until smooth. Gradually pour in the remaining milk.)

2. Heat a little oil in a 18cm (7") frying pan, pour in just enough batter to thinly coat the base of the pan.

Cook for 1-2 minutes, until golden brown, turn or toss and cook second side for a further 1-2 minutes.

3. Transfer pancakes to a plate and keep hot. Repeat using the remaining batter to make a further 7 pancakes. Pile cooked pancakes on top of each other with greaseproof paper between each one.

For a quick and convenient alternative to making your own pancakes use Tesco Batter Mix.

To Re-heat Pancakes, see back page.



Pancake DAY



CHINESE STYLE VEGETABLE PANCAKES

ENOUGH TO FILL 6 PANCAKES
Cooking Time: 10-12 minutes
Cooking Temperature: 180°C/350°F

INGREDIENTS

6 Pancakes

1 x 15ml sp (1tbsp) Tesco Sunflower Oil

1 x 15ml sp (1tbsp) Tesco Sesame Oil

1 large Carrot, peeled and sliced into julienne strips

6 Spring Onions, sliced

350g (12oz) Button Mushrooms, sliced

1 large Red Pepper, de-seeded and diced

2 Cloves Garlic, peeled and crushed

1cm (1/2") Fresh Root Ginger, peeled and grated

3 x 15ml sp (3 tbsp) Soy Sauce

50g (2oz) Tesco Toasted Flaked Almonds

1 Egg, beaten

METHOD

1. Heat the sunflower oil and sesame oil in a large frying pan or wok.
2. Add the rest of the ingredients, except the almonds and the egg. Stir fry for 5-6 minutes.
3. Stir in the almonds and divide the mixture between the pancakes.
4. Roll up the pancakes like a spring roll and seal with a little beaten egg.
5. Deep fry in hot oil 180°C/350°F for 5-6 minutes or until crisp and golden. Drain well before serving. Serve as starter or as a main meal with Tesco Fresh Egg Fried Rice.

SERVING TIPS

Mix a little liqueur of your choice together with a Morton pie filling for a quick and simple pancake accompaniment. Alternatively, fill a pancake with vanilla ice cream and drizzle over a little warmed Lyles Golden Syrup or Lyles Black Treacle.





SPINACH, RICOTTA & BACON LAYERED PANCAKES

ENOUGH TO LAYER 8 PANCAKES
Cooking Time: 25-30 minutes
Cooking Temperature: 190°C/375°F/Gas Mark 5

INGREDIENTS

8 Pancakes
450g (1lb) Frozen Chopped Spinach
225g (8oz) Ricotta Cheese
225g (8oz) Cottage Cheese
225g (8oz) Cheddar Cheese, grated
5 rashers of Smoked Bacon, chopped
50ml (2 fl oz) Single Cream
2 Eggs

BANANA & MARSHMALLOW PANCAKES WITH TOFFEE SAUCE

ENOUGH TO FILL 4 PANCAKES

INGREDIENTS

4 Pancakes
FOR THE SAUCE
50g (2oz) Butter
150g (5oz) Golden Caster Sugar
4 x 15ml sp (4tbsp) Lyles Golden Syrup
50ml (2 fl oz) Single Cream
FOR THE FILLING
4 Bananas, peeled
1 x 5ml sp (1tsp) Lemon Juice
50g (2oz) Pecans, roughly chopped
4 x 15ml sp (4tbsp) Kidd's Mini Marshmallows

METHOD

1. To make the sauce, place the butter, sugar and syrup in a pan and heat gently until the sugar has dissolved. Boil for 5 minutes then stir in the cream. Simmer for another 2 minutes. Remove from heat and leave to stand.
2. Slice the bananas and mix together with lemon juice, pecan nuts and marshmallows. Divide between the pancakes and fold over. Serve with toffee sauce and whipped double cream.



TO RE-HEAT PANCAKES:
Spread pancakes on a baking sheet, cover with foil and place in a pre-heated oven 200°C/400°F/Gas Mark 6 for 5-10 minutes. Or place a stack of pancakes, which are interleaved with greasproof paper, on a plate. Cover with kitchen foil and place over a pan of simmering water.

TO RE-HEAT PANCAKES IN A 650W MICROWAVE OVEN:
(Adjust cooking time according to your particular model.)
Microwave ovens vary, the following are guidelines only.
Place 4 pancakes on a piece of kitchen paper on a plate. Cook on Full Power for approximately 30 seconds. Turn the plate around and cook for a further 30 seconds. Check the food is piping hot before serving.





SPINACH, RICOTTA & BACON LAYERED PANCAKES

ENOUGH TO LAYER 8 PANCAKES
Cooking Time: 25-30 minutes
Cooking Temperature: 190°C/375°F/Gas Mark 5

INGREDIENTS

8 Pancakes
450g (1lb) Frozen Chopped Spinach
225g (8oz) Ricotta Cheese
225g (8oz) Cottage Cheese
225g (8oz) Cheddar Cheese, grated
5 rashers of Smoked Bacon, chopped
50ml (2 fl oz) Single Cream
2 Eggs
1/4 x 5ml sp (1/4tsp) Ground Nutmeg
Salt and Freshly Ground Black Pepper
2 x 5ml sp (2 tsp) Parmesan Cheese, grated

METHOD

1. Cook the spinach in a large pan for 10 minutes, stirring constantly. Drain and press out excess water.
2. Add the ricotta and cottage cheese, all but 25g (1oz) of cheddar, the bacon, cream and eggs. Beat together and season with nutmeg, salt and black pepper.
3. Lay one pancake on a lightly greased baking tray and spread it with a little spinach mixture. Cover with another pancake and repeat the process finishing with a pancake. Sprinkle with the parmesan cheese and remaining cheddar. Place in the centre of a pre-heated oven for 15-20 minutes or until golden brown.

BANANA & MARSHMALLOW PANCAKES WITH TOFFEE SAUCE

ENOUGH TO FILL 4 PANCAKES

INGREDIENTS

4 Pancakes
FOR THE SAUCE
50g (2oz) Butter
150g (5oz) Golden Caster Sugar
4 x 15ml sp (4tbsp) Lyles Golden Syrup
50ml (2 fl oz) Single Cream
FOR THE FILLING
4 Bananas, peeled
1 x 5ml sp (1tsp) Lemon Juice
50g (2oz) Pecans, roughly chopped
4 x 15ml sp (4tbsp) Kidd's Mini Marshmallows

METHOD

1. To make the sauce, place the butter, sugar and syrup in a pan and heat gently until the sugar has dissolved. Boil for 5 minutes then stir in the cream. Simmer for another 2 minutes. Remove from heat and leave to stand.
2. Slice the bananas and mix together with lemon juice, pecan nuts and marshmallows. Divide between the pancakes and fold over. Serve with toffee sauce and whipped double cream.



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PRUNE, APPLE & SULTANA PANCAKES

ENOUGH TO FILL 6 PANCAKES

Cooking Time: 30 minutes

INGREDIENTS

6 Pancakes

- 125g (4oz) bag of Whitworths Dried Apple Chunks
- 250g (9oz) bag of Whitworths Ready To Eat Stoned Prunes
- 75g (3oz) Tesco Australian Sultanas
- $\frac{1}{2}$ x 5ml sp ($\frac{1}{2}$ tsp) Tesco Ground Cinnamon
- Freshly grated rind and juice of 1 Lemon
- 25g (1oz) Tate and Lyle Caster Sugar
- 25g (1oz) Icing Sugar to dust

METHOD

1. Place the apple chunks into a saucepan, cover with water and leave to soak for 40 minutes. Add the prunes and top with water. Lightly simmer for 30 minutes until the apple and prunes have softened and water has been absorbed.
2. Stir in the sultanas, cinnamon, lemon rind and juice and sugar.
3. Fold the pancakes in half and half again to make a cone and spoon the filling into each. Dust with icing sugar and serve with sweetened natural yogurt or crème fraîche.

CHICKEN & PESTO PARCELS

ENOUGH TO FILL 4 PANCAKES

Cooking Time: 20 minutes

Cooking Temperature: 190°C/375°F/Gas Mark 5

INGREDIENTS

4 Pancakes

- 125g (4oz) Pesto Sauce
- 418g can of Tesco Chicken Supreme
- 50g (2oz) Fresh Parmesan, made into shavings with a potato peeler
- Fresh Basil leaves, to garnish

METHOD

1. Spread a little pesto sauce onto each pancake. Divide the chicken supreme between the pancakes and fold up to form parcels.
2. Place in a lightly greased ovenproof dish. Bake in the centre of a pre-heated oven for 20 minutes. Sprinkle with parmesan. Garnish with fresh basil leaves and serve with Tesco Continental Salad.

TO RE-HEAT PANCAKES:

Spread pancakes on a baking sheet, cover with foil and place in a pre-heated oven 200°C/400°F/Gas Mark 6 for 5-10 minutes. Or place a stack of pancakes, which are interleaved with greaseproof paper, on a plate. Cover with kitchen foil and place over a pan of simmering water.

TO RE-HEAT PANCAKES IN A 650W MICROWAVE OVEN:

(Adjust cooking time according to your particular model.)

Microwave ovens vary, the following are guidelines only.

Place 4 pancakes on a piece of kitchen paper on a plate. Cook on Full Power for approximately 30 seconds. Turn the plate around and cook for a further 30 seconds. Check the food is piping hot before serving.

