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#### **Contributors**

Tesco (Firm)

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TUESDAY 15TH FEBRUARY

# PANCAKE MIX

MAKES 8 PANCAKES

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

#### METHOD

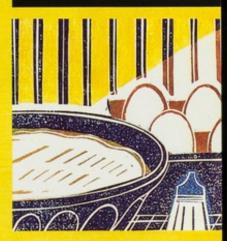
1. Sift flour and salt into a bowl, make a well in centre and break in eggs. Beat well with a wooden spoon, gradually adding the milk. Continue to beat until all the milk is added and the mixture resembles a smooth batter. (Alternatively, place flour, salt, eggs and half the milk in a liquidiser and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



from TESCO







# 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.
  - Roll up the pancakes like a spring roll and seal with a little beaten egg.
- 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.

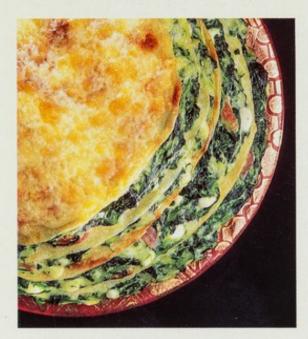
APRICOT

#### 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

#### МЕТНОВ

 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.

 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.

(Adjust cooking time according to your particular model.)

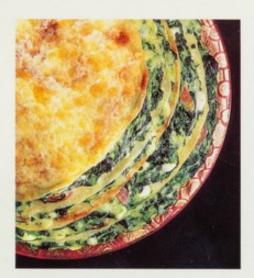
Microwave ovens vary, the following are guidelines only.

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

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

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:



## 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 (11b) Frozen Chopped Spinach 225g (8oz) Ricotta Cheese 225g (80z) 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

#### МЕТНОВ

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

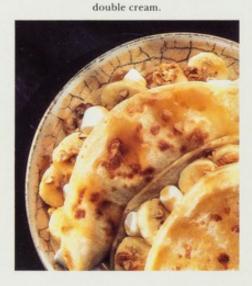
4 x 15ml sp (4tbsp) Kidd's Mini Marshmallows

#### 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



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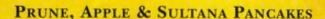
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ENOUGH TO FILL 6 PANCAKES Cooking Time: 30 minutes

#### INGREDIENTS

6 Pancakes

125g (402) bag of Whitworths Dried Apple Chunks 250g (902) bag of Whitworths Ready To Eat Stoned Prunes 75g (302) Tesco Australian Sultanas 1/2 x 5ml sp (1/2 tsp) Tesco Ground Cinnamon

Freshly grated rind and juice of 1 Lemon 25g (10z) Tate and Lyle Caster Sugar 25g (10z) Icing Sugar to dust

#### МЕТНОВ

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.

 Stir in the sultanas, cinnamon, lemon rind and juice and sugar.

 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 creme fraiche.

## 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 (40z) Pesto Sauce

418g can of Tesco Chicken Supreme 50g (20z) Fresh Parmesan, made into shavings with a potato peeler Fresh Basil leaves, to garnish

#### METHOD

Spread a little pesto sauce onto each pancake.

Divide the chicken supreme between the pancakes and fold up to form parcels.

 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.