

**Pancake day : any day / British Egg Information Service.**

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British Egg Information Service.

**Publication/Creation**

London : British Egg Information Service, [1960?]

**Persistent URL**

<https://wellcomecollection.org/works/mh9ufgef>

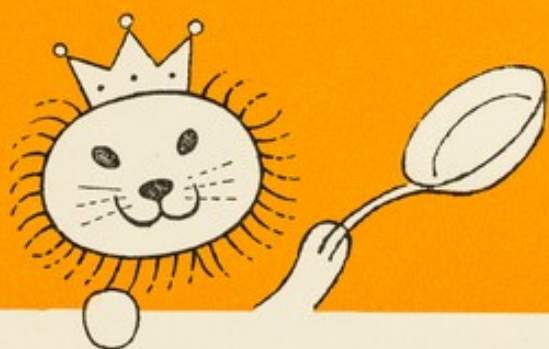
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# PANCAKE DAY— ANY DAY



Shrove Tuesday special: traditional English pancakes — thin, lightly browned, rolled and sprinkled with sugar and lemon. Much too good to be special to just one day. Much too good to wait twelve months for.

Pancakes are so very easy to make, so very versatile. Think of a pancake rolled around a sausage. Pancakes covered in an impressive sauce. Pancakes filled with a guess-what filling. Think—and you'll realise any day is Pancake Day.

*Issued by the*

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# Pancakes

The egg acts as raising agent in the basic batter—nothing else is needed. So use plain flour. (See that it is dry and free from lumps.)

Grandmother always left her batter to stand. Today's cooks know this isn't necessary; leave it or not, whichever is easier. Use a frying pan about 7" across. A fairly heavy one is best, but not too heavy to toss! (You can turn them if you like—but tossing is more fun!)

Grease the pan lightly with butter or lard—only just enough to stop the pancakes sticking.

Best, of course, to cook the pancakes and eat them at once. But they can be kept in a covered dish for a few hours, then re-heated in a moderate oven (gives you time to cook then change, when you're entertaining.)

## BASIC PANCAKE RECIPE

2 eggs  
4 ozs. plain flour  
 $\frac{1}{2}$  pt. milk  
pinch of salt  
butter or lard for cooking

METHOD: 1. Sieve the flour and salt into a basin. 2. Make a well in the centre, add the eggs and a little of the milk. 3. Stir, drawing in the flour from the sides, beat well until smooth. 4. Add the milk gradually, stirring and beating thoroughly. 5. Transfer the batter to a jug, so that just the right amount may be poured into the pan. Too much batter makes the pancake thick and stodgy. 6. Melt a small piece of butter in the frying pan, just enough to cover the base, pour off any excess fat and use for next pancake. 7. When the pan is hot, pour in sufficient batter from the jug to cover the bottom of the pan thinly. 8. When the underside is sufficiently brown, toss or turn the pancake over and cook the other side. 9. Turn out on to a warmed plate, keep hot. 10. Repeat with the remainder of the batter.

This recipe makes eight pancakes cooked in a frying pan with a base measurement of seven inches.

## SAVOURY STUFFED PANCAKES

Use all these fillings in pancakes made with the basic recipe. Just put a good tablespoonful of the hot filling to one side of each pancake before rolling up. Make the filling first, then keep it hot while you do the pancakes.



### **Mushroom**

$\frac{1}{2}$  lb. mushrooms  
2 ozs. plain flour  
2 ozs. butter  
 $\frac{1}{2}$  pt. milk  
 $\frac{1}{4}$  teaspn. grated nutmeg  
salt and pepper

METHOD: Wash the mushrooms and slice thinly. Melt the butter, add the sliced mushrooms, cover and cook slowly for 5 minutes. Add the flour, cook gently, stirring all the time for 1 minute. Add the milk gradually, bring to the boil and cook for 2 minutes. Season and add the grated nutmeg.

### **Beef Savoury**

12 ozs. minced beef (raw or cooked)  
 $\frac{1}{2}$  oz. butter  
 $\frac{1}{4}$  pt. stock or water  
1 medium-sized onion  
2 tablespoons tomato purée  
salt and pepper  
a good pinch of thyme

#### **For Cheese Sauce**

1 oz. butter  
1 oz. plain flour  
salt and pepper  
 $\frac{1}{2}$  pt. milk  
4 ozs. grated cheese

METHOD: Chop the onion finely and fry in the butter. When cooked add the minced beef. If raw mince is used, cook slowly for 5 minutes. Add the tomato purée, thyme and stock. Season. Cover and cook gently for 15 minutes. To make the sauce, melt the butter in a pan, stir in the flour and cook for half a minute. Add the milk gradually, bring to the boil, stirring to prevent the sauce going lumpy. Season and add 3 ozs. of grated cheese. Use the beef and tomato mixture to fill the pancakes and roll up. Place them closely together in an ovenproof dish. Cover the top with cheese sauce and top this with the remaining 1 oz. of grated cheese. Place under a moderate grill or in a hot oven until the cheese is golden brown.

### **Smoked Haddock and Egg**

2 hard-boiled eggs  
8 ozs. smoked haddock  
1 oz. butter  
1 oz. plain flour  
 $\frac{1}{2}$  pt. milk  
salt and pepper  
1 tablespoon lemon juice  
little chopped parsley

METHOD: Poach the haddock in the  $\frac{1}{2}$  pint of milk. Shell and roughly chop the hard-boiled eggs. When the haddock is cooked, strain off the milk and make

up to  $\frac{1}{2}$  pint. Flake the fish. Melt the butter in a pan, stir in the flour and cook for half a minute. Add the milk gradually, bring to the boil, stirring to prevent it going lumpy. Cook for 1 minute. Add the flaked fish, chopped hard-boiled eggs, parsley, lemon juice and seasoning.

### **Spinach**

4 *hard-boiled eggs*  
2 *lb. spinach or 1 large packet frozen spinach*  
1 *oz. butter*  
1 *medium-sized onion*  
1 *tablespoon tomato purée*  
1 *teaspoon paprika pepper*  
*salt and pepper*  
1 *oz. grated cheese*

METHOD: Cook the spinach and drain well. Chop the onion finely and cook in the butter until soft, but not coloured. Stir in the tomato purée and paprika pepper. Simmer for 3 minutes. Slice the hard-boiled eggs and add to the tomato mixture. Season. Heat the spinach through with a little butter. To fill the pancakes cover the surface of each with spinach, place a spoonful of egg mixture on each and roll up. Arrange in a hot heatproof dish. Sprinkle with grated cheese and brown under the grill or in a hot oven.

### **Kidney**

12 *ozs. kidney*  
1 *oz. butter*  
 $\frac{1}{2}$  *pt. stock*  
1 *medium sized onion*  
1 *oz. plain flour*  
*salt and pepper*

METHOD: Chop the onion finely. Fry gently in the butter. Remove the core from the kidney, chop into small pieces and add to the cooked onion. When the kidney is cooked, mix in the flour and cook for half a minute. Add the stock gradually, bring to the boil, stirring to prevent the sauce going lumpy. Season. Cook over a low heat for 5 minutes.

### **Curried Chicken**

12 *ozs. cooked chicken*  
1 *medium-sized onion*  
1 *oz. butter*  
2 *teaspoons curry powder (increase to taste)*  
1 *oz. plain flour*  
 $\frac{1}{2}$  *pt. chicken stock*  
1 *tablespoon lemon juice*  
*Any left-over cooked vegetables, peas, carrots, boiled potatoes*  
*salt and pepper*

METHOD: Mince or chop the chicken. Chop onion finely, and fry gently in the butter. Stir in the curry powder and cook for a few seconds. Add the flour and cook for half a minute. Add the stock gradually, bring to the boil, stirring all the time. Add the

minced chicken, and vegetables. Season and add the lemon juice. Cook gently for 10 minutes.

#### **Sweet Corn**

*1 small packet frozen sweet corn kernels (or one small tin)*

METHOD: Cook the frozen sweet corn, or drain the juice from tinned corn. Mix the cooked sweet corn in with the basic pancake mixture. Make the pancakes in the usual way. Serve flat with fried or scrambled egg on top and grilled bacon and mushrooms; **or** roll round a rasher of grilled bacon; **or** add two tablespoons of cooked peas, or diced cooked potatoes with the sweet corn. Serve as above.

#### **SWEET PANCAKES**

Use the same basic pancake recipe with these fillings.

#### **Lemon and Sugar**

*8 ozs. castor sugar*

*2 tablespoons lemon juice*

METHOD: Put the sugar in a basin, add the lemon juice and mix. As each pancake is cooked spread a level tablespoonful on half of it and then roll up.

#### **Banana**

*4 bananas*

*2 tablespoons soft brown sugar*

*Grated rind and juice of 1 lemon*

METHOD: Slice the bananas thinly and mix with brown sugar, lemon rind and juice. Fill the pancakes with this mixture and sprinkle with a little more brown sugar before serving.

#### **Pineapple**

*1 small tin of pineapple*

*2 tablespoons strawberry jam*

*Grated rind of  $\frac{1}{2}$  lemon*

METHOD: Chop the pineapple into small pieces and mix with the jam and grated lemon rind. Heat through.

#### **Apple**

*$\frac{1}{2}$  pt. sweetened apple puree (approx. 1 lb. apples)*

*2 ozs. sultanas*

*$\frac{1}{4}$  teaspoon ground cinnamon*

*icing sugar*

METHOD: Mix the sultanas and cinnamon with the sweetened apple puree. Turn the cooked pancakes on to sugared greaseproof paper. Place a spoonful of apple mixture in the middle, roll up. Place in a hot dish and keep warm. Dredge with icing sugar just before serving. Serve with whipped cream.

#### **Lemon**

*Grated rind and juice of 1 lemon*

*1 level tablespoon castor sugar*

METHOD: Make up the batter as in the basic recipe, adding the sugar with the flour, and the grated lemon rind and juice after the milk. The lemon pancakes can be filled with any of the sweet fillings.



### Fluffy Pancakes

Use the basic recipe but separate the eggs. Use the yolks with the milk to make the batter. Whisk the whites stiffly and fold into the batter just before cooking. Fill these with savoury or sweet fillings.

### Meringue Layer

1 egg white  
2 ozs. castor sugar  
jam or lemon curd  
blanched almonds

METHOD: Sandwich the pancakes together with jam or lemon curd. Quickly make the meringue by whisking the egg white till very stiff. Fold in the sugar. Place this across the top pancake. Decorate with the almonds. Bake in a very hot oven, 450°F. or Mark 8 for 1-2 minutes until meringue is lightly browned. Serve immediately by cutting into wedges, as with a cake.

### Crêpes Suzette

Make the basic pancake mixture adding 1 dessert-spoonful of castor sugar with the flour.

Filling:

3 ozs. butter  
3 ozs. castor sugar  
1 tablespoon grated lemon rind  
1 teaspoon grated orange rind  
3 tablespoons orange juice  
2 tablespoons Cointreau  
3 tablespoons Brandy or Rum

EITHER cream the butter and sugar until light and fluffy. Mix in the grated lemon and orange rind. Beat in the orange juice and Cointreau, a little at a time. Keep the pancakes hot and when they are all made, put a spoonful of mixture in the middle of each and roll up. Place in a very hot ovenproof dish and keep hot. Warm the brandy or rum, pour over the pancakes and set alight. Serve immediately.

OR melt the butter slowly in a pan, an omelette pan is ideal, add the sugar, grated lemon and orange rind, orange juice and Cointreau and cook until the mixture comes to the boil. Put 3 or 4 crepes into the pan, basting frequently, when they are hot fold into quarters, and repeat with the remaining crepes. Warm the brandy or rum, pour over the hot crepes in the pan, and set alight. Serve immediately with remaining sauce.

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