

# Helen Brown Capital Recipe

Helen will be on the Drivetime show every Thursday from 6pm in "Foodie Thursday".



## Shrove Tuesday Pancakes

### Ingredients

100g plain flour  
2 large eggs, beaten  
300ml milk (semi skimmed or full fat)  
Pinch of salt  
1 tbsp vegetable oil

### To serve

Squeeze the juice of one lemon into a jug. Sprinkle some of the juice over each of the warm pancakes and sprinkle caster sugar over the top. Roll or fold the pancake and serve.

Golden treacle or maple syrup. Spoon the treacle or syrup over the warm pancake. Top with blueberries or fresh fruit if you wish. Roll or fold the pancake and serve.

Other ideas, Fresh fruit, blueberries, strawberries, raspberries

Whipped cream or ice cream, Banana, chocolate sauce and whipped cream.

### Method

Put 100g plain flour, 2 large eggs, 300ml milk, 1 tbsp sunflower or vegetable oil and a pinch of salt into a bowl or large jug, then whisk to a smooth batter.

Set aside for 30 mins to rest if you have time, or start cooking straight away.

Set a medium frying pan or crêpe pan over a medium heat and carefully wipe it with some oiled kitchen paper.

When hot, add ½ ladle full of batter into the pan. Quickly swirl the batter around the pan. Cook your pancakes for 1 min on each side until golden, keeping them warm in a low oven separated with greaseproof paper as you go. Serve with lemon juice and caster sugar, or your favourite filling.

Once cold, you can layer the pancakes between baking parchment, then wrap in cling film and freeze for up to 2 months.

The batter can also be frozen. Make sure the container is big enough to allow for the mixture to expand as it freezes. Defrost in the fridge before using.

Nutrition per pancake

Kcal- 61

Fat 2g

Carbs- 7g

Protein- 3g

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