SHROVE TUESDAY · FEBRUARY 9, 2027

Shrove Tuesday pancakes

Prep 10 min **Cook** 20 min **Total** 30 min **Makes** About 12 pancakes **Level** Easy

ADULT SUPERVISION REQUIRED

Cooking is for children and grown-ups together. An adult should supervise at all times and handle the oven, stovetop, knives, and anything hot. The pan or griddle gets very hot. A grown-up does the cooking and flipping at the stove, while children help with mixing and toppings.

ALLERGY INFORMATION

Contains wheat (gluten), milk, and egg. Always read ingredient labels, since brands vary, and ask about food allergies before you cook or share.

INGREDIENTS

- 1½ cups (190 g) all-purpose flour
- 2 tbsp (25 g) sugar
- 1 tbsp baking powder
- ½ tsp salt
- 1 cup (240 ml) milk
- 2 eggs
- 3 tbsp (45 g) butter, melted, plus more for the pan
- 1 tsp vanilla extract

To serve

- Lemon wedges and sugar (the English way), maple syrup, or berries

METHOD

1. Whisk the flour, sugar, baking powder, and salt in a large bowl.
2. In another bowl, whisk the milk, eggs, melted butter, and vanilla.
3. Pour the wet ingredients into the dry ones and stir gently, just until no dry flour shows. A few lumps are fine. Let the batter sit while the pan heats.
4. Heat a large nonstick pan or griddle over medium heat and wipe it with a little butter.
5. Pour about ¼ cup (60 ml) of batter for each pancake. Cook until bubbles cover the top and the edges look set, about 2 minutes.
6. Flip and cook 1 to 2 minutes more, until golden. Keep finished pancakes warm in a 200°F (95°C) oven while you cook the rest.
7. Serve with a squeeze of lemon and a sprinkle of sugar, or with syrup and fruit.

LITTLE HELPERS CAN (WITH A GROWN-UP)

- Crack the eggs into a cup first
- Whisk the batter
- Squeeze the lemons and sprinkle the sugar
- Choose one thing to give up or to do for Jesus during Lent

GOOD TO KNOW

- Do not overmix: a lumpy batter makes the fluffiest pancakes.
- For thin English pancakes, leave out the baking powder, add ½ cup (120 ml) more milk, and cook them like crêpes.

A BLESSING BEFORE WE EAT

Bless us, O Lord, and these thy gifts, which we are about to receive from thy bounty, through Christ our Lord. Amen. Lord Jesus, as Lent begins, help us turn back to you with all our hearts.