**On the menu: American Pancakes**

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| **Ingredients & Equipment**  **You’ll also need:**  200g self-raising flour  1 ½ tsp baking powder  1 tbsp golden caster sugar  3 large eggs  25g melted butter, plus extra for cooking  200ml milk  vegetable oil, for cooking | **Method**  STEP 1  Mix 200g self-raising flour, 1 ½ tsp baking powder, 1 tbsp golden caster sugar and a pinch of salt together in a large bowl.  STEP 2  Create a well in the centre with the back of your spoon then add 3 large eggs, 25g melted butter and 200ml milk.  STEP 3  Whisk together either with a balloon whisk or electric hand beaters until smooth then pour into a jug.  STEP 4  Heat a small knob of butter and 1 tsp of oil in a large, non-stick frying pan over a medium heat. When the butter looks frothy, pour in rounds of the batter, approximately 8cm wide. Make sure you don’t put the pancakes too close together as they will spread during cooking. Cook the pancakes on one side for about 1-2 mins or until lots of tiny bubbles start to appear and pop on the surface. Flip the pancakes over and cook for a further minute on the other side. Repeat until all the batter is used up.  STEP 5  Serve your pancakes stacked up on a plate with a drizzle of maple syrup and any of your favourite toppings. |
| **Plan Ahead**  **Preparation:** We’ll be making and cooking  together with Chef Gavin.  If it would help the people you support, there are opportunities to prepare some of the more challenging tasks like weighing the flour before the session.  **Managing Risk**: We’re frying in the hob and using the oven. So please carful  By reviewing the method *(see right hand column)* ahead of the session, you can safely plan these activities in advance. |

**Top Tips**

* **Put the people you support in control:** Try to give them as many opportunities as possible to independently lead this activity and enjoy the experience of cooking.

If they struggle with some parts, adapt the activity so they can still help make their meal with your support, guidance, and encouragement.

* **Make every moment matter:** Try and make this session fun and engaging. Celebrate successes by give encouragement. Enjoy the sensory experiences of cooking. Engage them in seeing their raw ingredients transform into a delicious meal.
* **Make this the start of something special:** After they’ve completed the recipe, make eating it a special experience! Hopefully, they can enjoy eating lovely home-cooked food. Are there any people they’d like to save some for or to taste it?  
  Try this recipe again soon. The more that you practice, the better their cookery skills will develop. You can watch the session again on our activities site.
* **Promoting Life Skills –** What other life skills can this develop? From this activity, you have an opportunity to explore shopping, budgeting, cleaning, setting a table, hosting a meal and more! Use these cookery sessions as a way to inspire further progress.