

Pancakes with Fruit and Chocolate Sauce	
<p>Ingredients</p> <p><u>Pancakes</u> 50g plain flour 1 egg 150ml semi-skimmed milk 1 dsp vegetable oil, plus extra for frying pinch salt 1 piece large fruit/handful smaller fruit of your choice.</p> <p><u>Chocolate Sauce</u> Small 150ml Pot Double cream 100g Bar Dark Chocolate (Value Chocolate is fine)</p>	<p>Equipment All equipment is provided by school</p> <p>BRING A LIDDED CONTAINER TO TAKE YOUR PANCAKES HOME</p>
<p><u>Method:</u></p> <p><u>Pancakes</u></p> <ol style="list-style-type: none"> 1. Put the flour and a pinch of salt into a mixing bowl and make a well in the centre. Crack the egg into the middle, and then pour in about 50ml milk and 1 dsp oil. Start whisking from the centre, gradually drawing the flour into the eggs, milk and oil. Once all the flour is incorporated, beat until you have a smooth, thick paste. Add a little more milk if it is too stiff to beat. 2. Add some more milk and whisk to loosen the thick batter. Continue pouring and whisking until you have a batter that is the consistency of slightly thick single cream. Transfer to a jug. 3. Heat the pan over a moderate heat, add a drop of oil. Pour some batter into the pan, tilting the pan to move the mixture around for a thin and even layer. Return the pan to the heat, then leave to cook, undisturbed, for about 30 secs. If the pan is the right temperature, the pancake should turn golden underneath after about 30 secs and will be ready to turn. 4. Turn the pancake over and leave to cook for a few seconds. Transfer to your container. Repeat with the remaining batter. You should be able to make 4 pancakes. <p><u>Chocolate sauce</u> Put the double cream into a small saucepan. Heat gently until it is simmering. Remove from the heat. Add the chocolate bar in pieces. The chocolate will melt in the hot cream. Stir thoroughly until the cream is mixed in. Pour over your pancakes and add the fruit.</p>	