

the
BIG
pancake
party

EATING AWAY AT HUNGER

Recipe Book

Help end hunger in this country
& have some delicious fun along the way



Welcome to the **Big Pancake Party** recipe book!

The Big Pancake Party is all about having fun while raising funds to tackle food poverty in this country through the work of the Together Network.

Did you know, 1 in 8 British adults worries about not being able to afford enough food? And 1 in 50 households use a food bank. Food poverty is a serious problem in our country. Although we want the Big Pancake Party to be a lot of fun for everyone involved, it is much more than that.

The money raised by Pancake Parties across the country will be used to make sure that people aren't worrying about being hungry anymore, and that families don't need to use food banks.

In this book is a selection of recipes to help make your Shrove Tuesday delicious this year. We've got everything from the traditional to the totally bizarre, from sweet to savoury, from all corners of the globe. Whether you looking for something vegan, something gluten-free, something for breakfast, lunch or dinner - you'll find it here!

**So don your aprons
grab your frying pans
and get flipping!**



To find out more about The Big Pancake Party and the work of the Together Network please visit: www.bigpancakeparty.org.uk

If you'd like to share your own pancake-inspired recipes with us please send them to: hello@cuf.org.uk and if it sounds tasty enough we'll pop it on the website.

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Britain: Easy Pancakes



Makes 8 pancakes

Ingredients:

- 100g plain flour
- 2 large eggs
- 300ml milk
- 1 tbsp oil, plus extra for frying

Method:

- 1** Put all the ingredients in a bowl, plus a pinch of salt, and whisk into a smooth batter.
- 2** If you have time, cover and let it stand for 30 mins before using. If not, crack on with step 3.
- 3** Lightly oil a frying pan and pour a ladle of batter mix into the pan. Cook for one minute and then flip and cook for another minute on the other side.

Serve with:

Traditional lemon and sugar, or lashings of golden syrup!

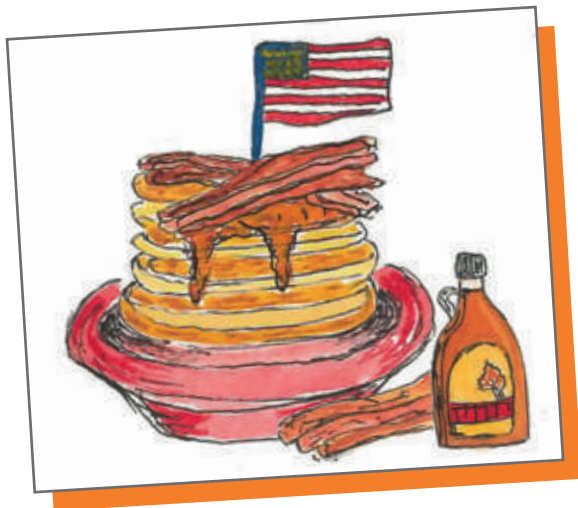
America: Fluffy Stack of Pancakes



Makes 12 pancakes

Ingredients:

- 130ml milk
- 1 large egg, lightly beaten
- 2 tbsp oil, plus a little extra for frying
- 135g plain flour
- 1 tsp baking powder
- ½ tsp salt
- 2 tbsp caster sugar



Method:

- 1** Whisk together the milk, egg and oil.
- 2** In a separate bowl, sift the flour, baking powder, salt and caster sugar together.
- 3** Slowly add the liquid mixture to the flour mixture and beat until thick and smooth.
- 4** Leave the batter to stand for 5 minutes.
- 5** In an oiled frying pan add a small ladle of batter (or more than one if they will fit in your frying pan). When the top starts to bubble flip it over and cook the other side - about 4 minutes in total.

Serve with:

Maple syrup and crispy bacon!



Austria:

Kaiserschmarren



Makes 4 servings of shredded pancakes

Ingredients:

- 2 tbsp raisins
- 1 tbsp dark rum
- 6 eggs
- 350ml milk
- 1 tsp vanilla extract
- Zest of 1 lemon
- 180g plain flour
- 3 tbsp granulated sugar
- 2 tbsp pearl sugar (or alternative coarse white sugar)
- 20g very cold butter, plus extra for frying

Method:

- 1** Pre-heat the oven to 180°C or gas mark 4.
- 2** Soak the raisins in the rum for 15 minutes.
- 3** While the raisins are soaking, separate the eggs and put the yolks in a bowl with the milk, vanilla extract and lemon zest.
- 4** Sift in the flour and mix to form a dough.
- 5** Beat the egg whites with the granulated sugar and a pinch of salt until it forms a firm peak
- 6** Fold the egg white mix into the dough mix.
- 7** Melt a little butter in an oven-proof pan, pour in the batter and cook for 2 minutes before scattering the raisins over the top. Cook for a further 2 minutes.
- 8** Flip the pancake over and put it in the preheated oven for 8 minutes.
- 9** While it is in the oven coarsely grate 20g butter
- 10** Remove from oven and tear the pancake into small pieces using two forks. Scatter the pearl sugar and grated butter over the top and caramelize for 1 minute under a very hot grill before serving.

Serve with:

Icing sugar and cinnamon.

China:

Cong You Bing (Spring Onion Pancake)



Makes 8 pancakes

Ingredients:

- 250g plain flour
- 160ml water
- 2 tablespoons sesame oil
- ¼ tsp Chinese five-spice
- ¼ tsp salt
- 6 spring onions
- Oil for frying



Method:

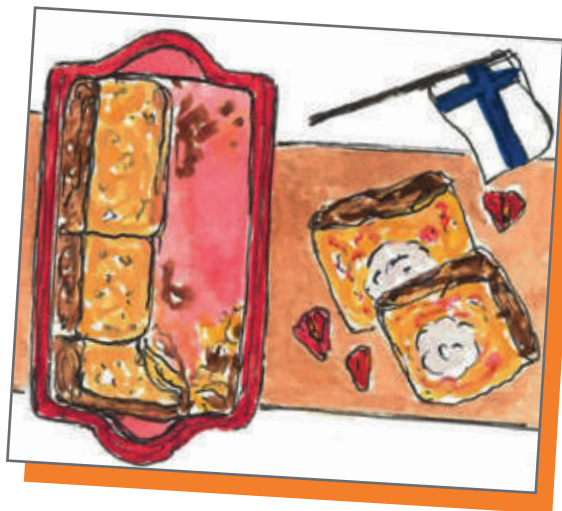
- 1** In a bowl mix the flour, water, five-spice and salt. Knead together until combined.
- 2** Cover and set aside to stand for 15 minutes. If the dough is wet and sticky add a little more flour.
- 3** Divide the dough into 8 even pieces and roll each piece into a strip about 20cm long and 5cm thick. Brush with the sesame oil.
- 4** Finely chop the spring onions and scatter over the rolled dough.
- 5** Roll each strip of dough into a spiral, pinching the end to make sure it doesn't unroll, and turn on its side and flatten the spiral to create a round pancake about 12cm wide.
- 6** Heat the oil in a frying pan and fry each pancake for four minutes each side until golden.

Serve with:

A dip mix of 2 tbsp soy sauce, half a red chili, 1 tbsp rice vinegar, 1 tbsp sesame oil and a crushed clove of garlic.



Finland: Pannukakku



Makes one pancake for sharing between 4 people

Ingredients:

- 6 eggs
- 350ml milk
- 50g caster sugar
- 1tsp vanilla extract
- Zest of 1 lemon
- 200g plain flour
- 1tsp salt
- 1tsp baking powder
- 75g butter

Method:

- 1** Preheat oven to 220c or gas mark 7.
- 2** Whisk the eggs, milk, sugar, and vanilla extract until creamy and then stir in the lemon zest.
- 3** Sift in the flour, salt, and baking powder into the egg mixture and mix.
- 4** If you have time, cover and let it stand for 30 mins before using. If not, crack on with step 3.
- 5** Put the butter in an oven proof dish and melt it in the oven – this will not take long, don't let it go brown! Remove from the oven and coat the dish with the melted butter.
- 6** Pour the batter into the hot, buttered dish and bake it for 15 minutes – it should bubble up over the sides!

Serve with:

Whipped cream and fresh fruit

Malaysia:

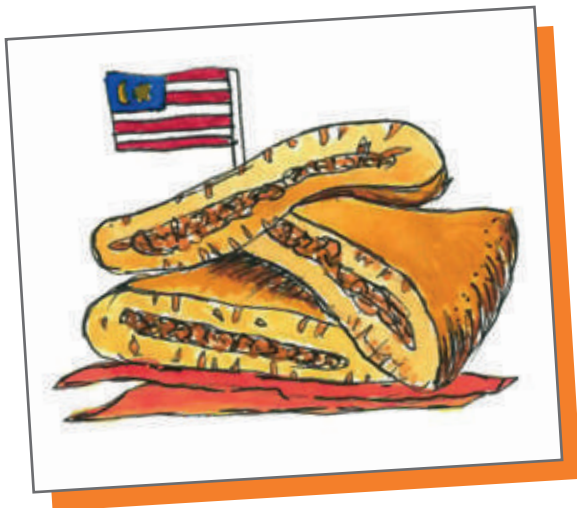
Apam Balik



Makes one pancake for sharing between 2 people

Ingredients:

- 150g sweetcorn (tinned or defrosted from frozen is fine!)
- 45g sugar
- 25g butter
- 3 tbsp peanuts
- 200ml milk
- 60ml oil
- 2 eggs
- 160g plain flour
- 3 tsp baking powder
- 0.5 tsp salt



Method:

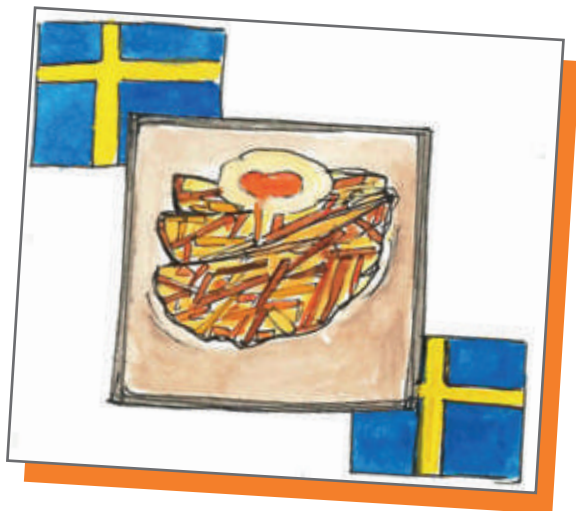
- 1** Mash the sweetcorn, sugar and butter together with a fork into a pulp, crush the peanuts into medium sized pieces and mix them into the sweetcorn.
- 2** In a separate bowl, whisk the milk, oil and eggs together, sift the flour, baking powder and salt in and mix well.
- 3** Cook the batter as you would a traditional pancake, and when it's nearly done add a dollop of the sweetcorn mixture and cover half the pancake – it should be quite thick. Fold the pancake in half once and cook for a further few minutes until the whole thing is hot. Slice into wedges to serve.

Serve with:

A hot peanut sauce made by heating peanut butter with condensed milk until combined.



Sweden: Raggmunk



Makes 4 pancakes

Ingredients:

- 125g plain flour
- 75ml milk
- 1 egg
- 1 thyme sprig, leaves picked
- 175g white potatoes, grated
- 1 carrot, grated
- Oil for frying

Method:

- 1** Whisk together the flour, milk, egg, thyme and some seasoning
- 2** Coat the grated potatoes and carrot with the batter
- 3** Use a spoon to portion enough of the mixture to make a patties about 8cm wide.
- 4** Fry the patties (one at a time, or more if they'll fit) in hot oil until crispy and golden - about two minutes on each side.

Serve with:

A poached egg!

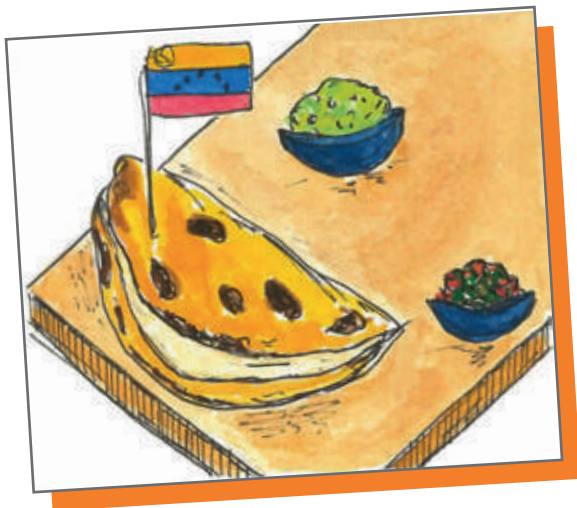
Venezuela: Cheese Cachapas



Makes 6 pancakes

Ingredients:

- 350g sweetcorn (tinned or defrosted from frozen is fine!)
- 100g plain or lightly salted corn tortillas crisps
- 150g grated mozzarella
- Oil for frying



Method:

- 1** Mash the corn into a pulp and season
- 2** Crush the bag of tortillas into very fine crumbs – the easiest way to do this is to put them into a zip-lock bag and bash it repeatedly with a rolling pin!
- 3** Mix the corn with the crisps.
- 4** Spoon dollops of the mixture onto a hot well-oiled pan and flatten out into thin 8cm circles.
- 5** Cook for four minutes on each side and then scatter some mozzarella on top, fold and serve.

Serve with:

Fresh and zesty salsa and guacamole!



Free-From:

Vegan and Gluten free pancakes



Makes 8 pancakes

Ingredients:

- 125g gluten free flour
- ½ tsp gluten free baking powder
- ½ tsp bicarb of soda
- A pinch salt
- 1tsp sugar
- 225ml coconut milk
- 1 tbsp oil, plus extra for frying

Method:

- 1** Sift flour, baking powder, bicarb, salt and sugar into a bowl.
- 2** Mix in coconut milk and oil and beat until batter is smooth.
- 3** Lightly oil a pan and drop small ladles of batter, cover and cook for two minutes on each side

Serve with:

Chopped banana and coconut yoghurt

Free-From:

Banana Pancakes (Gluten and Lactose Free)



Makes 4 pancakes

Ingredients:

- 1 large banana
- 2 eggs
- Pinch of baking powder
- 1tsp vanilla extract



Method:

- 1** In a bowl, mash 1 large banana with a fork until it is smooth and thick.
- 2** Stir in the beaten eggs, baking powder (gluten-free if coeliac) and vanilla extract.
- 3** Heat a large, non-stick frying pan over a medium heat and warm some oil.
- 4** Using half of the batter, spoon two pancakes into the pan, leaving to cook for 1-2 minutes on each side.

Serve with:

Fresh raspberries and chopped pecans



Free-From: The Fluffiest Vegan Pancakes



Makes 8 pancakes

Ingredients:

- 125g flour
- 2 tbsp sugar
- 1 tbsp baking powder
- ½ tsp salt
- 240ml almond milk
- 1 tbsp apple cider vinegar
- 1 tsp vanilla essence

Method:

- 1** Mix the dry ingredients together in a medium-sized bowl
- 2** In a jug mix together all of the wet ingredients.
- 3** Pour the wet mixture slowly into the dry mixture, stirring as you go. Keep stirring until the mixture is smooth.
- 4** Leave the batter to rest for 5 minutes.
- 5** Pour a small amount of batter into a non-stick frying pan on a medium heat.
- 6** When the top of the pancake begins to bubble, flip the pancake and cook until golden.

Serve with:

Berries, yoghurt and drizzle with maple syrup and serve warm.

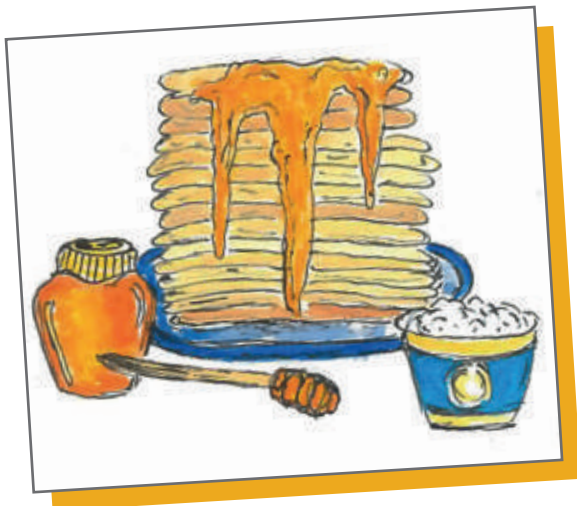
Mixing it up:

Cottage Cheese Pancakes



Ingredients:

- 80g cottage cheese
- 1 egg +1 egg white
- ½ tsp of sugar
- 2 drops vanilla extract
- 1 tsp coconut flour
- 2tbsp flour
- 1 pinch baking powder



Method:

1

Combine all ingredients together in a blender.

2

Cook pancakes on a medium heat in a non-stick pan.

Serve with:

Honey



Mixing it up:

Mille Crepe Pancakes



Ingredients:

Crepes:

- 6 tbsp butter
- 705ml milk
- 6 eggs
- 190g flour
- 70g cocoa powder
- 7tbsp sugar
- 1l whipped cream

Ganache:

- 235ml double cream
- 4 tbsp sugar
- 135g chocolate
- 1 tbsp butter
- 40g icing sugar

Method:

- 1 Begin by melting the butter and allowing it to brown slightly.
- 2 In the same saucepan warm the milk.
- 3 Mix together the flour, cocoa powder and sugar in a bowl before mixing in the eggs.
- 4 Pour the butter and warm milk into the bowl bit by bit and mix until smooth.
- 5 Put the mixture into the fridge to chill for 1 hour.
- 6 Using a non-stick pan over a medium heat, pour in a small amount of batter (enough to create a thin layer across the whole pan). Cook until the bottom of the crepe begins to brown and then flip.
- 7 Cool the crepe and continue until all of the batter has been used.
- 8 Layer the crepes on top of each other, with whipped cream between each layer.
- 9 For a tidier looking cake you may wish to trim the edges.
- 10 For the ganache, bring the sugar and double cream to boil in a pan, pour over the chocolate and butter, stirring until all ingredients are combined. Leave this mixture to cool.
- 11 Spread the ganache all over the cake and top with a dusting of icing sugar.

Mixing it up:

Pizza pancake rollups



Ingredients:

- 140g plain flour
- 2 eggs
- 25g melted butter
- 350ml milk
- Oil for frying
- 150g ham
- 260g cooked spinach
- 200g cheddar
- 100ml passata or equivalent tomato sauce
- 3 spring onions
- 2 tbsp breadcrumbs



Method:

- 1** Preheat the oven to 200C or gas mark 6
- 2** Whisk together the flour, eggs, and butter and then gradually add milk while whisking to make a smooth batter.
- 3** Cook eight pancakes as traditionally, 1-2mins on each side. Remove from heat.
- 4** Tear up the ham and grate half the cheese and scatter over the pancakes with the cooked spinach.
- 5** Roll up the pancakes and put them into a buttered oven dish, top with the tomato sauce, chopped spring onions and remaining grated cheese and breadcrumbs.
- 6** Bake for about 30 mins.

Serve with:

A mixed dressed salad.



Mixing it up: Pancake Canelloni



Ingredients:

- 420g pack pork meatballs
- 400g bag fresh spinach
- 2 tbsp basil pesto
- 250g tub ricotta
- 1 egg, beaten
- ¼ tsp ground nutmeg
- 8 pre-made pancakes (follow traditional recipe)
- 500g passata
- 1 garlic clove, crushed
- 125g mozzarella, torn
- 1 bunch of basil, leaves only

Method:

- 1 Heat the oven to 190C/gas mark 5.
- 2 Cook the meatballs on a baking tray for 12-15 minutes, or according to the instructions. Cut each one in half and set aside.
- 3 Make recipe titled 'easy pancakes'
- 4 Put the spinach into a large colander over the sink and pour over boiling water to wilt the spinach, leave to drain and cool. Once cool, squeeze out any additional liquid and chop finely.
- 5 Mix the spinach with the pesto, ricotta, egg and nutmeg. Season to taste.
- 6 Pour passata over the bottom of an ovenproof dish and stir in the garlic.
- 7 Divide the spinach mixture between the pancakes, spreading it in a long strip along the center. Add meatball pieces to each pancake and then roll each pancake.
- 8 Place into the passata base and top with mozzarella. Bake for 30 minutes.
- 9 Sprinkle with basil.

Serve with:
Seasonal vegetables.

How is the **Together Network** tackling food poverty?

Hunger is having a huge impact on local communities in this country. Our research shows that 1 in 20 British adults skip meals because they cannot afford to eat.

The money raised by Pancake Parties will be used to make sure that families aren't skipping meals anymore, that people don't need to use food banks, and that children who receive free school meals during term time don't go hungry during the holidays.

Here are some examples of how the Together Network's local joint ventures are tackling food poverty:

- In Southwark we are setting up 'community fridge' schemes where communities can access food that would otherwise go to waste.
- In Leicester we are coordinating Make Lunch programmes and breakfast clubs and are offering these in different locations throughout the week.
- In Bradford partnerships are being formed to set up low cost community food outlets allowing people at risk of food crisis the dignity of buying food for themselves and their families.
- Holiday-hunger schemes are being rolled out in Middlesbrough, Plymouth, Norfolk, Blackburn, Chester, Bradford and Nottingham.
- In Walsall we are supporting a number of food banks and are currently working to extend the amount of time food banks are open in order to increase the support on offer to communities.

With thanks to Zoë Guy for illustrating the recipes.

Please check out [@zoe.guy.doodles](https://www.instagram.com/zoe.guy.doodles) on Instagram to see more of her work.



TOGETHER NETWORK⁺

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and the work of the Together Network
please visit: www.bigpancakeparty.org.uk