



A yummy pancake recipe

You need:

100g flour
1 beaten egg
250ml milk
butter
sugar
lemon juice

How to make pancakes:

1. Put the flour into a large bowl.
2. Mix the beaten egg into the flour.
3. Slowly add the milk. Mix well until you have a smooth batter.
4. Melt butter in a frying pan.
5. Add a little of the pancake batter.
6. Cook until the pancake is brown underneath.
7. Toss the pancake so it turns over.
8. Cook the other side.



The English eat pancakes
with sugar and lemon juice.

Try it – it's great!

Shrove Tuesday

Shrove Tuesday was once known as a „half-holiday“ in Britain. It started at 11:00 am with the ringing of a church bell. On Pancake Day, „pancake races“ are held in villages and towns across the United Kingdom. The tradition is said to have originated in 1445 when a housewife from Olney, Buckinghamshire, was so busy making pancakes

that she forgot the time until she heard the church bells ringing for the service. She raced out of the house to church while still carrying her frying pan and pancake, tossing it to prevent it from burning. The pancake race remains a relatively common festive tradition in the UK, especially England. Participants with frying pans race through the

streets tossing pancakes into the air and catching them in the pan while running. The pancake race at Olney traditionally has women contestants who carry a frying pan and race over a 415-yard course to the finishing line. The rules are strict: contestants must toss the pancake at the start and the finish, and wear a scarf and apron.