

Pancakes



Ingredients

- 1 cup of flour
- ½ teaspoon salt
- 1 egg beaten
- 1½ cups of milk

Method

1. Sift flour and salt and make a well in a center
2. Place egg in well and use a wooden spoon to gradually work in the flour and half of milk. A blender may be used.
3. Beat well for 1 minute and stir in the remainder of milk, make sure that there are no lumps, strain if necessary.
4. Allow to stand for ½ an hour before cooking to soften the cellulose in the starch grains and to produce a lighter batter
5. Brush frying pan with oil. Place on medium heat
6. When the pan is hot use a ¼ cup measure to pour in sufficient batter to just cover base of pan. Cook until set and lightly brown on base
7. Turn pancake with spatula or by tossing. Cook until brown on other side
8. Turn onto plate and keep warm
9. Repeat steps 6-8 to make 12-15 pancakes
10. Serve with sweet or savory filling