

Pancake

Mmm ... did someone say pancakes? Read about Pancake Day and learn how to make this delicious treat for yourself.



Pancake Day or Shrove Tuesday is a special day celebrated in many countries around the world. It is celebrated in English-speaking countries like the UK, Ireland, Australia and Canada. In some countries, like France and the USA, it is called 'Mardi Gras' or 'Fat Tuesday'. In other countries, like Spain, Italy or Brazil, Shrove Tuesday is at the end of Carnival. On this day many people eat pancakes, a thin, flat cake made in a pan.

Pancake Day is always on a Tuesday in February or March. This year that date falls on Tuesday February 28.

Another tradition on Pancake Day in the UK is pancake racing. People run in a race with a pancake in a pan. As they run, they have to toss the pancake (throw the pancake in the air and catch it in the pan) several times. In some pancake races people dress up in fancy dress costumes. The most famous pancake race takes place in a town called Olney, in the middle of England. People say that Olney has been celebrating pancake races since 1445!



Pancakes are very easy to make. Try our recipe. Ingredients:

One cup of flour, one cup of milk, one large egg, some salt, some butter or oil, lemon juice, some sugar.



Instructions:

Fill one cup with flour and put into a bowl. Fill another cup with milk and pour into the bowl. Crack the egg into the bowl and whisk the flour, milk and egg until the mixture is smooth. Put a very small amount of butter or oil in a pan, and when it is hot, put some mixture in the pan and move the pan to make a thin pancake. After one minute hold the pan carefully and throw or toss the pancake in the air to turn it over. Now cook the pancake on the other side.

When the pancake is ready, squeeze some lemon juice and put some sugar on it and eat it immediately. If you don't like lemon juice, eat them with jam, chocolate sauce or ice cream. Mmm, delicious!

<http://learnenglishteens.britishcouncil.org/uk-now/read-uk/pancake-day>