

accent
catering

LOCKDOWN BAKE OFF

PANCAKES

LAST ENTRIES RECEIVED
BY 19TH FEB



PANCAKE
DAY
16TH FEB

WEEKS COMMENCING 8TH & 15TH FEB

LOCKDOWN BAKE OFF



Welcome to the "Lockdown Bake Off 2021" Competition, why not spend some of your time improving your cooking skills and having some fun. Over the next 10 weeks, starting from 25th January 2021, Accent Catering will be providing you with recipes to try at home, including Bread, Pancakes (Pancake Day 16th February), Biscuits and Cake rounds and to top it all off there will be an opportunity to bake a Show Stopper in true "Bake Off" style.

Each round will run for two weeks giving you time to try these recipes and others you may have at home. Send in your photos of your baking to your School to be entered into the "Bake Off challenge".

Every two weeks entries will be judged by your School and Chef Manager on site and the winner of the round advertised on the School website.

At the end of the challenge we will take all of the "winners" entries and award a First and Second Prize of Bake Off Cookbooks.

Please Remember

- Always wash your hands, before and during preparation. Make sure your equipment and area you are working in is clean
- Wear an apron if you have one
- You may be using mixers, knives and other equipment which can be dangerous so make sure you ask permission at home and are shown how to use each item
- You can make all of the recipes by hand, so don't be put off if you don't have a mixer
- Ovens will be hot so handling baking trays needs to be done with care. Ask an adult where appropriate to help, especially when removing your finished product from the oven
- ALLERGENS – as you will be using your own ingredients the allergens included in those products may change depending on where you bought them so ALWAYS check the packaging before cooking

So now you're ready to enter, gather your ingredients and let's BAKE!!



For the pancake:

- 110g/4oz plain flour, sifted
- Pinch of salt
- 2 eggs
- 200ml/7fl oz milk mixed with 75ml/3fl oz water
- 50g/2oz butter

To serve:

- Caster sugar
- Lemon juice
- Lemon wedges

1. Sift the flour and salt into a large mixing bowl with a sieve held high above the bowl so the flour gets an airing. Now make a well in the centre of the flour and break the eggs into it. Then begin whisking the eggs incorporating any bits of flour from around the edge of the bowl as you do so.
2. Next gradually add small quantities of the milk and water mixture. When all the liquid has been added, use a rubber spatula to scrape any bits of flour from around the edge into the centre, then whisk once more until the batter is smooth. Now melt the 50g/2oz of butter in a pan. Spoon 2 tbsp of it into the batter and whisk it in, then pour the rest into a bowl and use it to grease the pan.
3. Now get the pan really hot, then turn the heat down to medium and ladle some mixture into the pan. As soon as the batter hits the hot pan, tip it around from side to side to get the base evenly coated with batter. It should take only half a minute or so to cook; you can lift the edge with a palette knife to see if it's tinged gold as it should be. Flip the pancake over with a pan slice or palette knife - the other side will need a few seconds only - then simply slide it out of the pan onto a plate.
4. Stack the pancakes as you make them between sheets of greaseproof paper on a plate fitted over simmering water, to keep them warm while you make the rest.
5. Serve warm with the lemon juice, lemons and sugar.



Six

PANCAKES WITH SUGAR AND LEMON



For the pancakes:

- 150g plain flour
- 30g cocoa powder
- 2½tsp. baking powder
- 60g caster sugar
- 2 free range eggs
- 165ml semi-skimmed milk
- 2tbsp. vegetable oil

For the chocolate sauce:

- 100g plain chocolate
- 150ml semi-skimmed milk
- 40g unsalted butter
- 2tbsp. golden syrup

1. In a large bowl, sift together the flour, cocoa, baking powder and sugar. In a jug, gently whisk together the eggs and milk, then add to the dry ingredients. Mix everything gently until just combined. Cover with cling film and leave in the fridge for 20 minutes.

2. For the chocolate sauce, place all the ingredients except the golden syrup in a small saucepan over a gentle heat, stirring often until melted and combined. Remove from the heat and add the golden syrup, whisking until shiny. Cover to keep warm until needed.
3. Heat a large frying pan over a medium heat and brush lightly with oil. Using a large spoon, carefully drop batter onto the base of the pan to make pancakes about 10cm across. Cook for roughly 45 seconds until bubbles start to appear on the surface and the pancake is lightly browned on the underside, then flip over and cook for a further 45 seconds. Remove and set aside on a plate. Add more oil to the pan as necessary. Stack the pancakes separated by greaseproof paper to prevent sticking, and keep warm until all the pancakes are cooked.



Four

CHOCOLATE PANCAKES WITH CHOCOLATE SAUCE



- 200g self-raising flour
- 1 tsp. baking powder
- 1 egg
- 300ml milk
- Knob of butter
- 150g pack blueberry
- Sunflower oil or a little butter for cooking
- Golden or maple syrup

1. Mix together 200g self-raising flour, 1 tsp baking powder and a pinch of salt in a large bowl.
2. Beat 1 egg with 300ml milk, make a well in the centre of the dry ingredients and whisk in the milk to make a thick smooth batter.

3. Beat in a knob of melted butter, gently stir in half of the 150g pack of blueberries.
4. Heat a teaspoon of sunflower oil or small knob of butter in a large non-stick frying pan.
5. Drop a large tablespoonful of the batter per pancake into the pan to make pancakes about 7.5cm across. Make three or four pancakes at a time.
6. Cook for about 3 minutes over a medium heat until small bubbles appear on the surface of each pancake, then turn and cook another 2-3 minutes until golden.
7. Cover with kitchen paper to keep warm while you use up the rest of the batter.
8. Serve with golden or maple syrup and the rest of the blueberries.



Ten

AMERICAN BLUEBERRY PANCAKES



For the pancakes:

- 55g plain flour
- Pinch salt
- 1 free-range egg
- 140ml milk
- Vegetable oil, for frying

For the cheese sauce:

- 25g butter
- 25g plain flour
- 225ml milk
- 100g grated cheese
- Freshly ground black pepper, to taste

For the toppings:

- 80g ham
- 3 spring onions, finely sliced
- 1 tomato chopped

1. Sift the flour and salt into a large bowl. Whisk together the egg and milk in another bowl then slowly pour the liquid into the dry ingredients. Whisk together until the batter is smooth. Set aside.

2. For the cheese sauce, melt the butter in a small pan and whisk in the flour. Cook for 1 minute then gradually add the milk whisking continuously. Bring to the boil and reduce the heat to a simmer for 1 minute until the sauce is thick and smooth. Stir in half of the cheese and season with black pepper.

3. To make the pancakes, heat a 20cm/8in crêpe or omelette pan until very hot. Drizzle in a small amount of oil and tip the pan to swirl the oil around. Ladle in about two tablespoons of batter mix and immediately tilt the pan from side to side to get a thin, even layer of batter to cover the base of the pan. Cook for around 30 seconds until the underside is golden then flip or turn with a palette knife.

4. As soon as the pancake is turned, scatter over some ham, spring onions and tomatoes. Spoon over some cheese sauce then top with a scattering of the remaining cheese.



Two - three

SAVOURY PANCAKES

WITH HAM AND CHEESE

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PANCAKES