

EASY PANCAKES

Ingredients:

100g plain flour
2 eggs
300ml semi-skimmed milk
1 tbsp sunflower oil or vegetable oil, plus extra for frying
A pinch of salt

Method:

1. Put 100g plain flour and a pinch of salt into a large mixing bowl.
2. Make a well in the centre and crack 2 eggs into the middle.
3. Pour in about 50ml from the 300ml of semi-skimmed milk and 1 tbsp sunflower oil, then start whisking from the centre, gradually drawing the flour into the eggs, milk and oil. Once all the flour is incorporated, beat until you have a smooth, thick paste. Add a little more milk if it is too stiff to beat.
4. Add a good splash of milk and whisk to loosen the thick batter. While still whisking, pour in a steady stream of the remaining milk. Continue pouring and whisking until you have a batter that is the consistency of slightly thick single cream.
5. Heat the frying pan over a moderate heat, then wipe the inside with oiled kitchen paper.
6. Ladle some batter into the pan, tilting the pan to move the mixture around for a thin and even layer.
7. Leave to cook, undisturbed, for about 30 seconds. The pancake should turn golden underneath.
8. Holding the pan handle, ease a palette knife under the pancake, then quickly lift and flip it over. Make sure the pancake is lying flat against the base of the pan with no folds. Cook for another 30 seconds before turning out onto a warm plate.
9. Continue with the rest of the batter, serving them as you cook, or stack onto a plate.

You can make your pancakes up to a day ahead and keep them in the fridge, separated by greaseproof paper. Put the pancakes in a hot oven to warm through before serving.

You can also freeze pancakes for up to 1 month, separated by non-stick parchment, then wrapped in cling film. Heat them in the oven from frozen until they are completely warmed through.

Enjoy sprinkled with lemon juice and sugar, or top with fresh fruit, and cream, ice-cream, or honey.