

Buttermilk Pancakes

Planning your cooking is an important part of learning to cook.

1. Check each ingredient and complete the actions below:

a. If you have it at home already tick the “Home column”

b. If you don’t have the ingredient at home tick the “Supermarket column”

2. Plan how much do you need:

a. How many grams/kilograms OR

b. How many millilitres or litres.

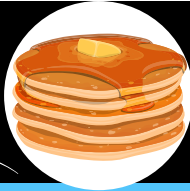
Take this shopping list with you to ensure that you don’t forget to purchase anything. Take a pen as well and record how much each item costs then you can determine how much it costs to make a thin, tasty crepe Pancakes.



				Self Raising Flour				\$	.
				Caster Sugar				\$	.
				Eggs				\$	.
				Vanilla Essence				\$	.
				Buttermilk				\$	.
				Lemon				\$	.
				Butter				\$	.

TOTAL INGREDIENT COST

\$.



Buttermilk Pancakes

Ingredients

1



MEASURE 1 x 1 Cup (blue) and 1 x 1/2 Cup (orange) of plain flour, PLACE it into the mixing bowl.



Substitute Gluten Free Self Raising Flour



Total 1 & 1/2 Cups



2



MEASURE 1 x 1 Tablespoon (green) of caster sugar, PLACE it into the mixing bowl and MIX.

1 Tablespoon

Total 1 Tblspn



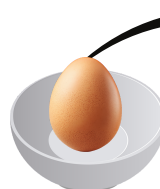
3



CRACK 1 egg (or equivalent in egg replacer), into a separate bowl and ensure that there is no egg shell in it.



Substitute Eggs with Egg Replacer



Total 1 Egg



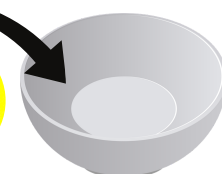
4



MEASURE 1 x 1 Teaspoon (blue) of vanilla/vanilla essence/extract and PLACE it into the bowl with the egg.

1 Teaspoon

Total 1 Tspn



5



MEASURE 1 x 1 Cup (blue) of milk and PLACE it into the bowl (with egg/vanilla) and WHISK to MIX.



Substitute Dairy Free/Vegan Milk



Total 1 Cup

POUR the wet ingredients into the mixing bowl and WHISK to MIX.



6



MEASURE 1 x 1/2 Cup (orange) of butter and KEEP IT ASIDE to use to COAT the frypan. PLACE 1 Teaspoon (blue) into the cold frying pan.



Substitute Dairy Free/Vegan Butter



1 Teaspoon



Put the frypan on the stove and turn the heat up to a:

medium heat

7

and once the Teaspoon of butter has melted, SCOOP UP a ladle full of pancake batter and PLACE it into the frypan.



Beware HOT ask an adult for help!



You will know that it's time to FLIP OVER each pancake when you see bubbles popping in the centre.

8

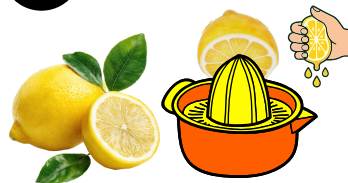


Once both sides are COOKED, PLACE them onto a plate.



9

Squeeze the juice from 1 lemon.



10

TO SERVE

Top your pancakes with lemon juice and sprinkle with caster sugar.

