











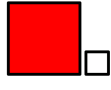


Pancakes



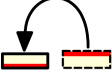




1.  Weigh  75g  Flour  into  a bowl.





2.  Add  1  egg  and  start to  mix  with a wooden spoon.

3.  Slowly  add  200ml  Milk  and  mix  until really smooth.

4.  Put  1  tsp oil  in  the frying pan.  Turn on  heat.

5.  Add  a big spoon  of mix  to the frying pan.

6.  When one side  is cooked,  flip it  over  and  cook  more.

7.  Serve  with lemon  and  sugar.

Pancakes

1. Weigh 75g Flour into a bowl.
2. Add 1 egg and start to mix with a wooden spoon.
3. Slowly add 200ml Milk and mix until really smooth.
4. Put 1 tsp oil in the frying pan. Turn on heat.
5. Add a big spoon of mix to the frying pan.
6. When one side is cooked, flip it over and cook more.
7. Serve with lemon and sugar.