



Pancakes

- 4 oz plain flour
- 1/2 level teaspoon salt
- 1 egg
- 1/2 pint milk or milk and water
- Fat for frying

Sift the flour and salt into a basin.
Add the egg and sufficient milk to make a thick batter and beat very well.
Stir in the rest of the milk and pour the batter into a jug.

Heat just sufficient fat to grease the bottom of the frying pan and when very hot pour a thin layer of batter.

When the underside is brown, loosen the edges and toss or turn it over. When both sides are brown turn out onto sugared paper, sprinkle with lemon juice and roll up. Keep very hot until all the pancakes are cooked, then serve on a dish with small pieces of lemon.

Pancake Variations

- 1 Add 2 oz currants or other dried fruit.
- 2 Add grated orange or lemon rind to the batter before cooking.
- 3 As the pancakes are cooked, roll a slice of ice cream (cut from a block) inside each and serve *immediately*. Do not keep hot.
- 4 Serve with orange or lemon sauce instead of lemon pieces.
- 5 Spread thinly with any well flavoured warmed jam before rolling up.

The Ministry of Food created 42 information booklets and leaflets between 1943 and 1950 to show households how to make the most of their food rations.



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