



DREAM ASPIRE **ACHIEVE**

CHESSWOOD JUNIOR SCHOOL



Pancake Day Competition 2021 – 16th February

Firstly, why does Shrove Tuesday, commonly known as “pancake day”, exist?! Historically, perishable (likely to decay or go bad quickly) ingredients had to be used before the fasting period of lent. Throw a few simple ingredients together... and you get the delicious pancake that we know today!

With Pancake day quickly approaching, occurring during half term, we are inviting you to send in a mini video or photo of a pancake “flip” and the finished pancake. The best will win a prize and 100HP, runners up will win a prize plus 50HP and all entries will be awarded 25HP!

The competition opens on Friday 12th and **closes Sunday 21st February**.

Entries should be sent to: mhills@chesswood.w-sussex.sch.uk

We also welcome pictures and details of your favourite pancake recipes and have a prize for the “best flop” so even if it isn’t as successful as you would like, you may still win a prize!

Good luck and happy pancake making!

Miss Hills & Mr Light (DT Leaders)

Ingredients

For the pancake mixture:

- 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

Or any other toppings you like!

Visit [Pancake recipe - BBC Food](#) for a detailed method. Adapt as you wish!

Visit [How to make pancakes - BBC Good Food](#) for a quick demonstration video.

