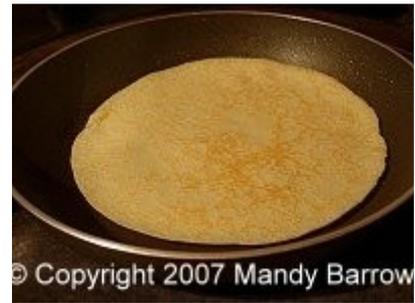


Shrovetide -

In the UK, Shrove Tuesday is also known as **Pancake Day** (or Pancake Tuesday to some people) because it is the one day of the year when almost everyone eats a pancake.

In 2018 Pancake Day is on Tuesday 13th Feb

✚ What is Pancake Day?



Pancake Day (also known as Shrove Tuesday) is the last day before the period which Christians call Lent. It is traditional on this day to eat pancakes.

✚ Why are Pancakes eaten on Shrove Tuesday?

Lent is a time of abstinence, of giving things up. So Shrove Tuesday is the last chance to indulge yourself, and to use up the foods that aren't allowed in Lent. Pancakes are eaten on this day because they contain fat, butter and eggs which were forbidden during Lent.

✚ When is Shrove Tuesday (Pancake Day)?

Shrove Tuesday is celebrated the day before Ash Wednesday and is therefore the final day before the commencement of Lent, a Christian festival leading up to Easter Sunday (Easter Day).

Shrove Tuesday always falls 47 days before Easter Sunday, so the date varies from year to year and falls between 3 February and 9 March. (See our Lent page for a visual explanation why Shrove Tuesday is 47 days and not 41 days before Easter)

✚ Why do Christians call the day 'Shrove Tuesday'?

The name **Shrove** comes from the old word "**shrive**" which means **to confess**. On Shrove Tuesday, in the Middle Ages, people used to confess their sins so that they were forgiven before the season of Lent began. copyright of projectbritain.com

✚ What is an English Pancake?

A pancake is a thin, flat cake, made of batter and fried in a pan.

Caster sugar (superfine sugar) is sprinkled over the top and a dash of fresh lemon juice added. The pancake is then rolled. Some people add golden syrup or jam.



✚ <http://projectbritain.com/shrove.html>

Ingredients

For the pancake mixture: Makes about 8 pancakes

220g/8oz plain flour, sifted
pinch of salt
2 eggs
1 pint of milk
50g/2oz butter

Method for making the batter

1. Sift the flour and salt into a large mixing bowl with a sieve held high above the bowl so the flour gets a airing.
2. Make a well in the centre of the flour and break the eggs into it.
3. Whisk the eggs making sure any bits of flour from around the edge of the bowl are mixed in with the egg.
4. Gradually add small quantities of the milk, still whisking
5. Continue whisking until the batter is smooth, with the consistency of thin cream.
6. Melt the 50g/2oz of butter in a non-stick frying pan.
7. Spoon 2 tbsp of the melted butter into the batter and whisk it in.
8. Let the pancake mix stand for at least 30 minutes before cooking.
9. Pour any left over butter into a dish. This will be used later to grease the frying pan after each pancake has been made.
10. Make sure the non-stick frying pan is really hot before adding about 2 tbsp of the batter mixture. As soon as the batter hits the hot pan, tip the pan around from side to side to get the base evenly coated with batter.
11. Carefully lift the edge of the cooked pancake with a palette knife to see if it's tinged gold as it should be.
12. Flip the pancake over with a pan slice or palette knife to cook the other side
13. Slide it out of the pan onto a plate.
14. Stack the pancakes as you make them between sheets of greaseproof paper on a plate.

To serve 15 Traditionally pancakes are sprinkled with caster sugar and freshly squeezed lemon juice

....and rolled

