

# PANCAKES WITH SEASONAL FRUIT - FRANCE



## Ingredients basic

100g / 4oz plain flour  
Pinch of salt  
1 egg  
250ml /  $\frac{1}{2}$  pint milk  
Caster sugar  
Oil for frying  
Seasonal fruits (fresh)

## Equipment

Bowl, frying pan (ideally should be a small pan 15cm diameter), fish slice, whisk, measuring jug, kitchen towel.

## Method

1. Put the flour and salt into a bowl. Drop the egg in the centre, add a little milk and beat well with a whisk until smooth. Whisk in the rest of the milk a little at a time.
2. Heat a little oil in the frying pan (season your pan).
3. When the fat is hot, pour in just enough batter to cover the bottom of the pan. Cook for 2 or 3 minutes until the bottom of the pancake is golden brown, then toss or turn it over to cook the other side.
4. When they are cooked, fill with prepared seasonal fruits. Sprinkle with caster sugar.

