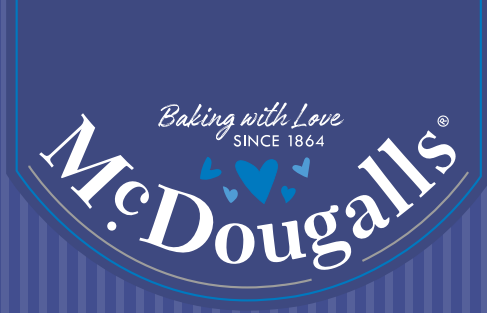


6 DELICIOUS PANCAKE RECIPES





# Welcome

## Introduction

Pancake Day is a key event for caterers across the country. Quick and simple to prepare, pancakes can be enjoyed throughout the day, not just at breakfast, making them an ideal dish for all types of menu.

We have created this recipe book with our McDougalls brand to help caterers make the most of pancakes, with new ideas for Shrove Tuesday and beyond. From traditional toppings like lemon and sugar, to savoury options such as Indian Spiced Vegetable Pancakes, there are solutions for every occasion.

A Pancake Day staple for generations, McDougalls plain flour can be used in traditional pancakes, with self-raising flour ideal for an American style version. Both products are available in 3kg and 12.5kg bags for all foodservice operators. New to the range, our McDougalls Cocoa Powder 500g box is perfect for creating delicious chocolate dishes like our Mini Chocolate and Banana Pancakes.

Britain has been celebrating Shrove Tuesday for over 1,000 years, with 13 million kilos of flour consumed on average each Pancake Day. Whilst we doubt anyone will beat the world record of 349 flips in two minutes, we can't wait to see operators have some flipping good fun with our new recipes.



# Classic - LEMON AND SUGAR PANCAKE

THIS CLASSIC PANCAKE IS POPULAR WITH ADULTS AND CHILDREN ALIKE.

- Brand: McDougalls
- Products: Plain Flour
- Sector: Healthcare, Schools
- Preparation: 5 minutes
- Cooking Time: 4 minutes per pancake
- Portions: 10 -12

## Ingredients

- 30g caster sugar
- 300g McDougalls Plain Flour
- 4 eggs
- 500ml milk
- Oil or butter for frying
- Extra sugar and lemon to serve

## Chef's tip:

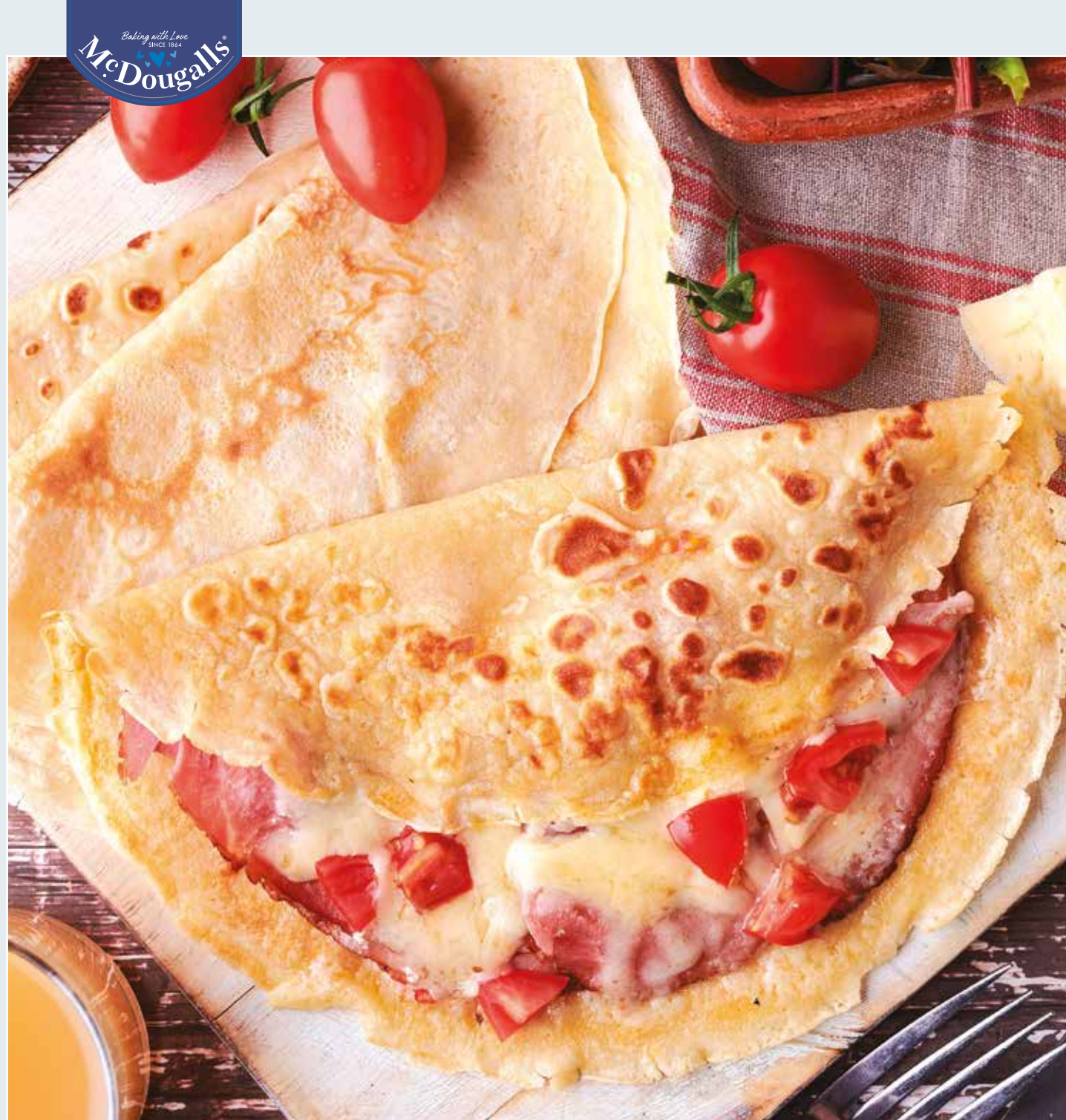
**You could use butter to cook the pancakes, as it does give that nice buttery flavour. However you could wipe some oil around the pan.**

## Method

1. Place the caster sugar and McDougalls Plain Flour into a bowl. Add the eggs and whisk together. Add the milk slowly, and beat until smooth.
2. Heat the oil or butter in a small frying pan. Pour a small ladle of pancake batter into the pan. Tilt the pan to coat the whole frying surface with batter and cook for 2-3 minutes.
3. Flip the pancake over and cook for a further 1 minute.
4. Slide onto a plate and repeat the process, making pancakes until all the batter is used up.
5. Serve with sugar and lemon.

ALLERGENS: GLUTEN, EGG, MILK. SUITABLE FOR VEGETARIANS: YES.





# Savoury - HAM, CHEESE & TOMATO PANCAKE

**THIS SAVOURY PANCAKE IS A GREAT LUNCH OFFER. SERVE WITH A SALAD FOR A MORE SUBSTANTIAL LUNCH.**

- Brand: McDougalls
- Products: Plain Flour
- Sector: Healthcare, Schools
- Preparation: 5 minutes
- Cooking Time: 4 minutes per pancake
- Portions: 10

## Ingredients

- 300g McDougalls Plain Flour
- 4 eggs
- 500ml milk
- Oil or butter for frying
- 10 slices of ham
- 200g cheese, grated
- 200g fresh diced tomato

## Method

1. Place the McDougalls Plain Flour into a bowl. Add the eggs and whisk together. Add the milk slowly, and beat until smooth.
2. Heat the oil or butter in a small frying pan. Pour a small ladle of pancake batter into the pan. Tilt the pan to coat the whole frying surface with batter and cook for 2-3 minutes.
3. Flip the pancake over, sprinkle with cheese, ham and tomato, and cook for a further 1 minute or until the cheese melts.
4. Slide onto a plate and repeat the process, making pancakes until all the batter and filling is used up.
5. Serve hot.

## Chef's tip:

**Try different savoury fillings such as spinach and feta, or roast vegetable and pesto.**

**ALLERGENS: GLUTEN, EGG, MILK. SUITABLE FOR VEGETARIANS: NO.**





# Spiced - INDIAN SPICED VEGETABLE PANCAKE

**A FILLING LUNCH OR SUPPER DISH PACKED FULL OF FLAVOUR; A GREAT ALTERNATIVE TO A SANDWICH OR WRAP.**

- Brand: McDougalls, Sharwood's
- Products: Plain Flour, Mild Curry Powder, Mango Chutney
- Sector: Healthcare, Schools
- Preparation: 5 minutes
- Cooking Time: 40 minutes
- Portions: 10-12

## Ingredients

### For The Indian Spiced Pancake Batter

- 300g McDougalls Plain Flour
- 4 eggs
- 500ml milk
- 1 tsp mustard seeds
- 1 tsp cumin seeds
- 1/2 tsp turmeric
- 1 green chilli sliced (optional)
- Oil or butter for frying

### For The Filling

- 500g new potatoes
- 1 tbsp oil
- 2 onions, diced
- 20g garlic, grated
- 20g ginger, grated
- 1 tsp mustard seeds
- 10g Sharwood's Mild Curry Powder
- 200g peas, defrosted.
- 20g fresh coriander

## Method

### For The Pancakes

1. Place the McDougalls Plain Flour into a bowl. Add the eggs and whisk together. Add the milk slowly, and beat until smooth.
2. Add the mustard seeds, cumin, turmeric, and chilli (if desired) to the batter and stir until mixed in.
3. Heat the oil or butter in a small frying pan. Pour a small ladle of pancake batter into the pan. Tilt the pan to coat the whole frying surface with batter and cook for 2-3 minutes.
4. Flip the pancake over and cook for a further 1 minute.
5. Slide onto a plate and repeat the process, making pancakes until all the batter is used up. Reserve until needed, in a stack, separated by baking parchment.

### For The Filling

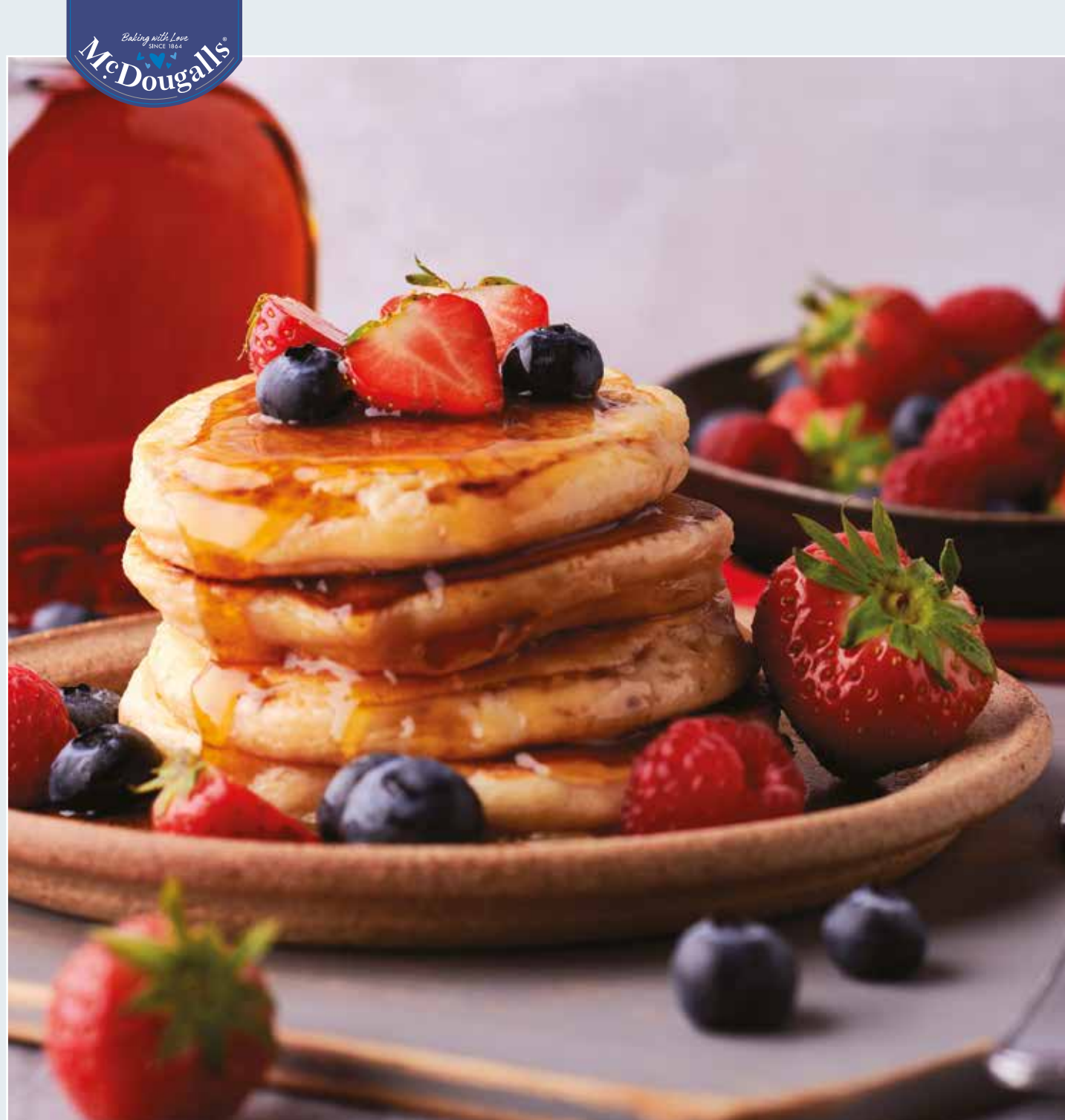
1. Boil the new potatoes for 20 minutes until tender. Next, drain and crush them.
2. Meanwhile, heat the oil in a large frying pan. Sweat the onions for five minutes, then add the garlic, ginger, mustard seeds and Sharwood's Mild Curry Powder. Cook for a further two minutes.
3. Add the peas and potatoes to warm through.

### To Serve

1. Warm the pancakes
2. Divide the filling equally between them
3. Serve with mint yoghurt, Sharwood's Mango Chutney, and an onion salad.

**ALLERGENS: GLUTEN, EGG, MILK. SUITABLE FOR VEGETARIANS: YES.**





# Versatile - AMERICAN PANCAKES

AMERICAN PANCAKES ARE GREAT FOR BREAKFAST. SERVE THEM WITH FRUIT AND A DRIZZLE OF SYRUP OR HONEY. THEY'RE ALSO GREAT AS AN INDULGENT DESSERT, SERVED WITH ICE-CREAM.

- Brand: McDougalls
- Products: Self Raising Flour
- Sector: Healthcare, Schools, Pubs
- Preparation: 15 minutes
- Cooking Time: 20 minutes
- Portions: 10

## Ingredients

- 700ml milk
- 4 eggs
- 400g McDougalls Self Raising Flour
- 3 tsp baking powder
- 2 tsp sugar
- Vegetable oil, for frying
- Fruit, Maple syrup or honey to serve

## Chef's tip:

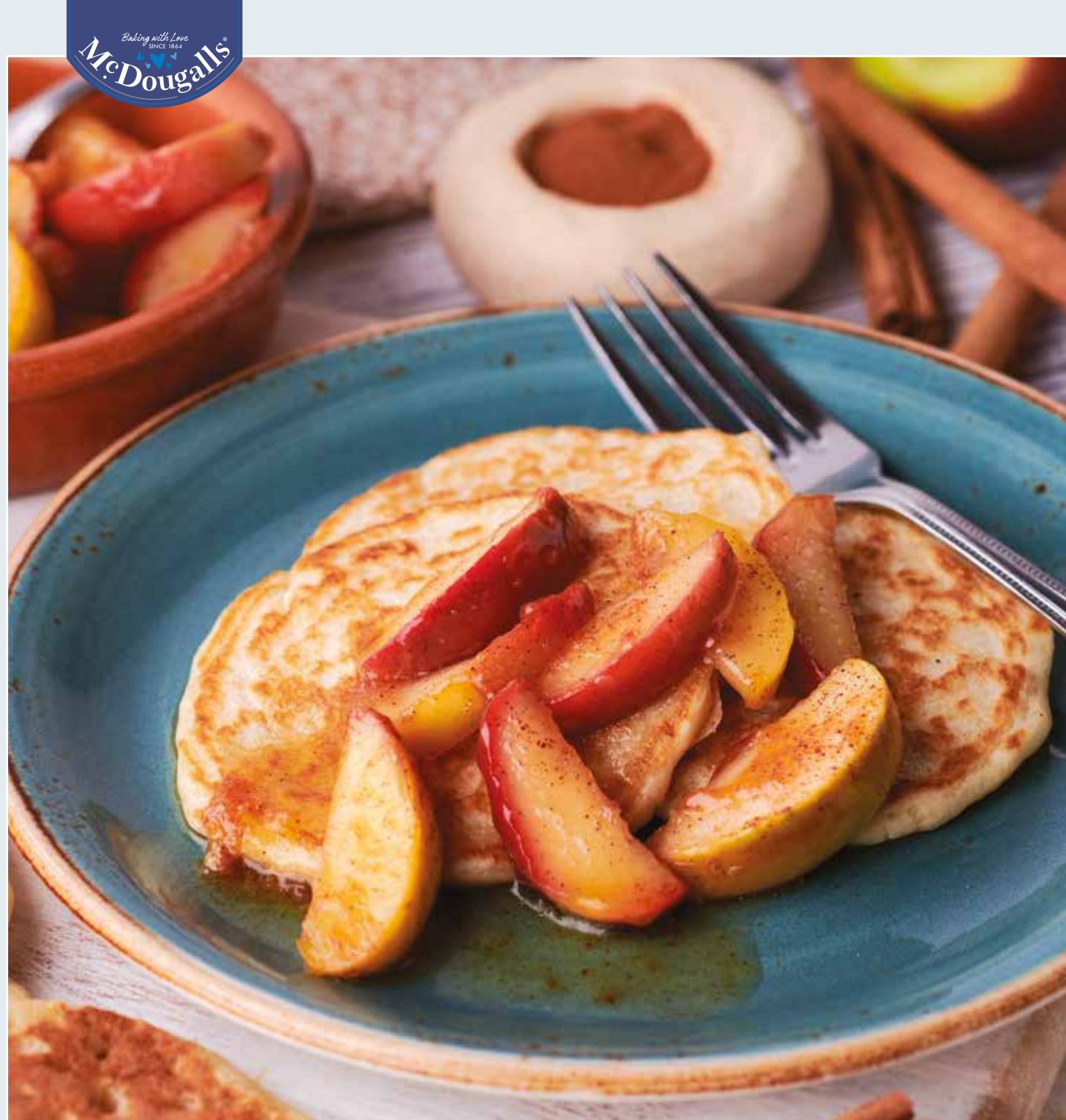
Try not to over-mix the pancake batter, as you risk making it too dense and these pancakes really should be light and fluffy. Make sure the pan is not too hot when you add the pancake batter, as it will burn the outside of the pancake, and leave the inside uncooked. You can test the heat of the pan with a little drop of batter first. You will know that the pancake is ready to flip when little bubbles start to form on top.

## Method

1. Whisk the milk and eggs in a jug, then set aside.
2. Place the McDougalls Self Raising Flour, baking powder, and sugar into a bowl. Add the egg mix slowly, and beat until smooth.
3. Heat the vegetable oil in a small frying pan. Pour a small ladle of pancake batter into the pan. Cook for 2-3 minutes, until bubbles start to form in the pancake.
4. Flip the pancake over and cook for a further 2 minutes, until golden.
5. Serve with syrup or honey, fresh fruit, and your choice of accompaniments.

ALLERGENS: GLUTEN, EGG, MILK. SUITABLE FOR VEGETARIANS: YES.





# Vegan - APPLE AND CINNAMON PANCAKE

A TASTY VEGAN SNACK WITH BEAUTIFULLY CARAMELISED APPLES.

## Method

### For The Pancakes

1. Whisk the soya milk, lemon juice, and vanilla in a jug, then set aside.
2. Place the McDougalls Plain Flour, baking powder, and sugar into a bowl. Add the milk mix slowly, and beat until smooth. Allow to rest for five minutes.
3. Heat the vegetable oil in a small frying pan. Pour a small ladle of pancake batter into the pan. Cook for 2-3 minutes, until bubbles start to form in the pancake.
4. Flip the pancake over and cook for a further 2 minutes, until golden.
5. Slide onto a plate and repeat the process, making pancakes until all the batter is used up. Reserve until needed.

### For The Topping

1. Melt the margarine in a frying pan.
2. Add the apples and fry for five minutes, until they start to soften.
3. Add the sugar and cook for a further two minutes to caramelise.
4. Remove from the heat, add the lemon juice and cinnamon, and stir to combine.
5. Serve portioned with the pancakes.

## Ingredients

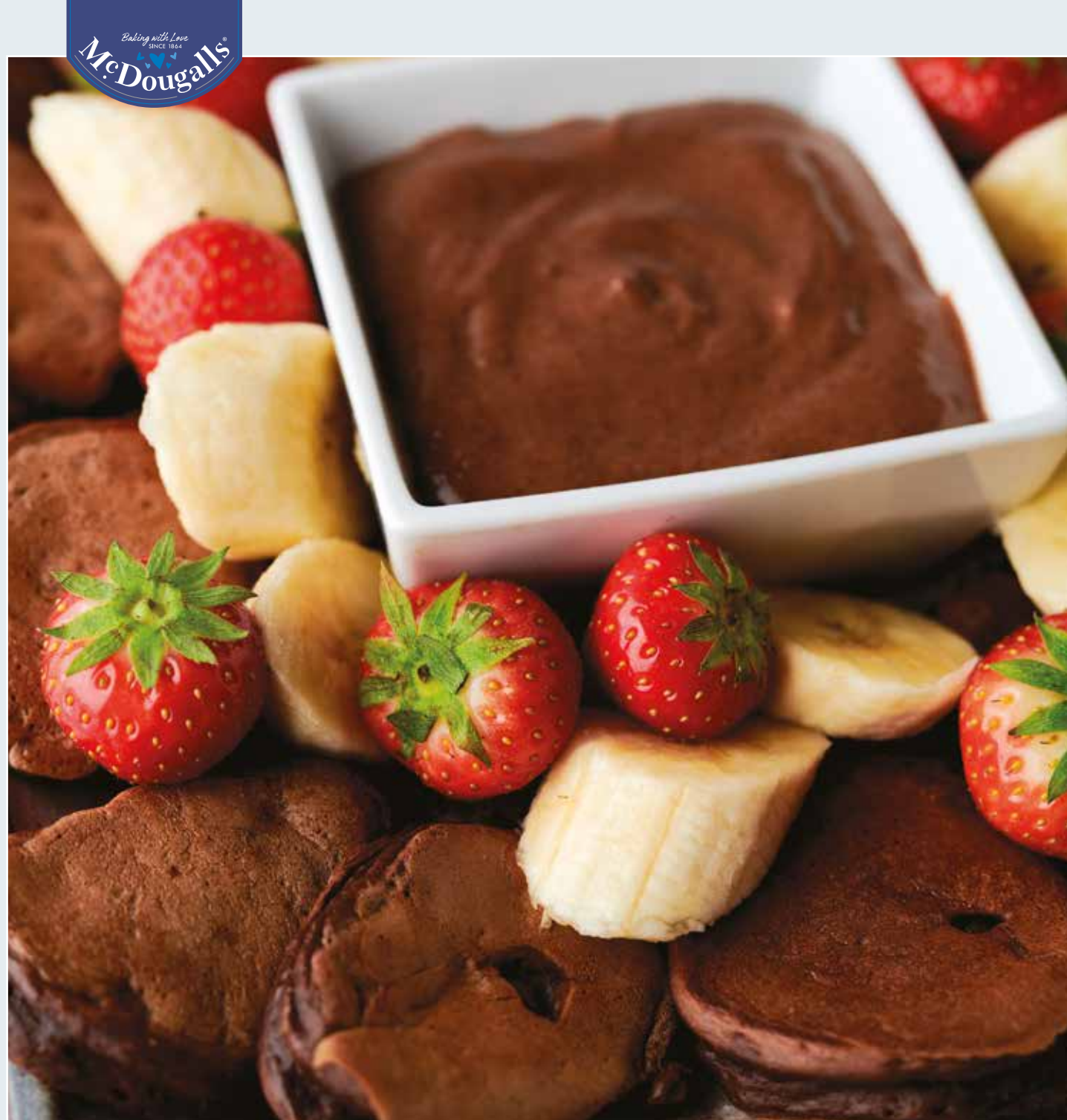
- 300g McDougalls Plain Flour
- 50g sugar
- 25g baking powder
- 600ml soya milk or other vegan milk
- 1 lemon, juiced
- 1 tbsp vanilla essence
- Vegetable oil, for frying

### For The Filling

- 25g vegan margarine
- 5 apples, cored, and cut into wedges
- 40g caster sugar
- 1 lemon, juiced
- 1/2 tsp ground cinnamon

ALLERGENS: GLUTEN. SUITABLE FOR VEGETARIANS AND VEGANS: YES.





# Sweet - MINI CHOCOLATE AND BANANA PANCAKES

**A GREAT EASY-TO-EAT OFFER FOR CHILDREN AND THOSE WITH DEMENTIA.**

- Brand: McDougalls
- Products: Self Raising Flour, Cocoa Powder
- Sector: Healthcare, Schools, Pubs
- Preparation: 15 minutes
- Cooking Time: 20 minutes
- Portions: 10

## Ingredients

- 700ml milk
- 4 eggs
- 400g McDougalls Self Raising Flour
- 40g McDougalls Cocoa Powder
- 3 tsp baking powder
- 2 tsp sugar
- 2 bananas, finely chopped
- Vegetable oil, for frying

## Method

1. Whisk the milk and eggs in a jug, then set aside.
2. Place the McDougalls Self Raising Flour, McDougalls Cocoa Powder, baking powder, and sugar into a bowl. Add the egg mix slowly, and beat until smooth.
3. Add the bananas to the batter and stir through.
4. Heat the vegetable oil in frying pan, place a Dessert Spoon of batter into the pan. Cook for 2 minutes, until bubbles start to form in the pancake.
5. Flip the pancake over and cook for a further 2 minutes, until golden.

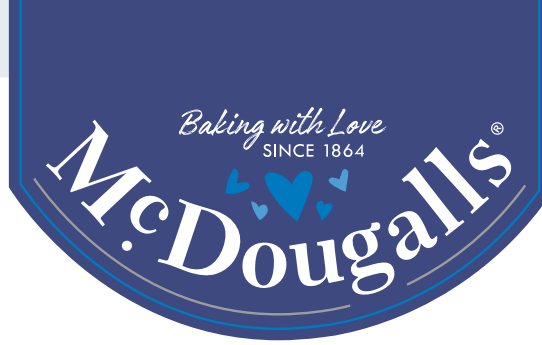
## Chef's tip:

**Serve with Strawberries, extra banana pieces and chocolate custard.**

**ALLERGENS: GLUTEN, EGG, MILK. SUITABLE FOR VEGETARIANS: YES.**







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