



Older People Active Lives

Pancake Special

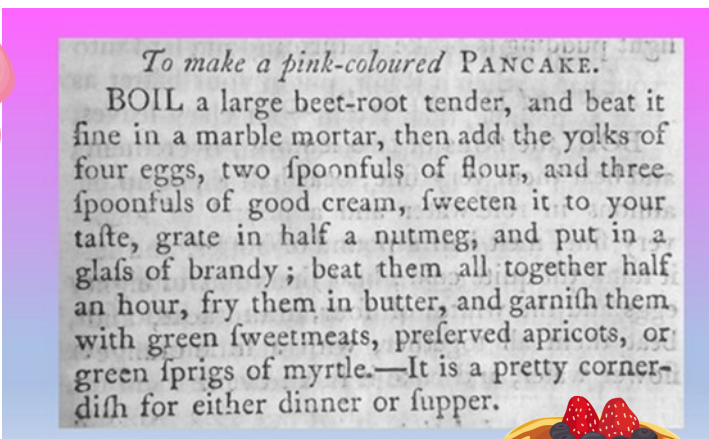


Did you have pancakes on Shrove Tuesday? Do you ever have pancakes as a meal at any other time of year? Ainsley Harriott, celebrity TV Chef thinks it is a shame that many of us only turn our hand to pancakes on Shrove Tuesday as he believes they are among the simplest and most satisfying things to make. When Ainsley kindly answered our spotlight questions, he also gave OPAL Permission to share one of his pancake recipes – see over.



Pink Pancakes

Pancakes date back a long way. Historians believe ancient Greeks and Romans ate pancakes sweetened with honey. At the end of January in the Cheshire Libraries Health and Wellbeing week, the Local Studies Librarian shared an intriguing recipe for Pink Pancakes. The recipe is in a cookbook they have in the archives written by a Cheshire resident, Elizabeth Raffald in her 1769 cookbook "The Experienced Housekeeper." As you can see, it is a rather rich dish with cream and brandy as ingredients.



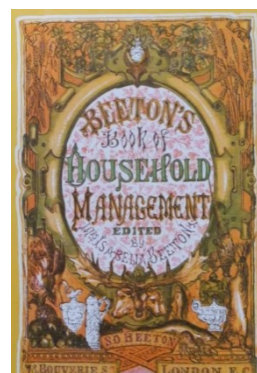
Did You Know?

In the UK we consume an average of 2 pancakes per person on Shrove Tuesday, which means over 117 million pancakes are eaten in one day!

30 million eggs are consumed on a normal Tuesday, but 55 million on Pancake day.

Recipe Books

Whilst you probably don't have a cookbook dating back to the 18th century on your shelves, we would be very interested to hear if you do have an old recipe book or binder with family favourites in. Maybe you were given it when you got married, or it is one that has been passed from your mother or auntie? Or a recipe on a worn, stained scrap of paper you have never rewritten. **OPAL What's Cooking is interested to hear from you if you do have an old cook book with memories attached.** Many memories are made in the kitchen and a family recipe is like a time machine, transporting you back to a time and place when food brought special people together.



Ainsley Harriott's Apple Maple Pancakes With Compote (optional)

Makes 18 - 20

Ingredients

2 red skinned apples
1 tablespoon maple syrup
½ teaspoon ground cinnamon
2 teaspoons butter
150g plain flour
½ teaspoon baking powder
pinch of salt



Make compote first (optional) by putting 300g of blackberries or blueberries in a small pan with 1 tablespoon of caster sugar and cook over a low heat until tender and juicy, remove from the heat.

Core but do not peel the apples and slice into 18 - 20 rings, no thicker than a £1 coin. Place in a bowl, add maple syrup and cinnamon and mix to coat

Melt half the butter in a large frying pan over a medium heat Add half the sliced apple and cook for 30 – 60 seconds, until it starts to soften. Remove from pan and cook the remaining apple slices

Sift the flour, baking powder and salt into a medium bowl. Add the sugar and mix to combine. In a jug whisk together the milk and the egg yolks, pour this into the dry ingredients and mix to make a smooth batter. In a clean bowl, whisk the egg whites until they will just stand in stiff peaks. Gently fold into the batter.

Lightly grease the frying pan with a little of the remaining butter and place over a medium heat. Arrange four apple slices in the pan, 4-5cm apart and spoon one rounded tablespoon of batter over each slice. Cook until small bubbles appear on the surface of the pancakes and their undersides are golden brown. Flip the pancakes with a palette knife and cook for a further minute. Transfer to a plate and keep warm while you cook remaining pancakes. You may need to wipe the pan clean with kitchen paper after each batch.

Serve the warm pancakes with the compote spooned over and/or a generous glug of maple syrup.

(From Ainsley Harriott's Fresh & Fabulous Meal in Minutes, published by BBC Books)

Flipping Facts



The person who holds the record for most flips in a minute is Australian celebrity chef Brad Jolly.....with 140 flips in 60 seconds.

And the record for the most people simultaneously flipping pancakes is 890 – achieved at an event organised by Sheffield University in February 2012.

OPAL thanks the following sources in this edition: Golden carers, Great British Bucket List, Ainsley Harriott
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Think about me, not my age

