

PERFECT DAY

Why not try this recipe for Pancake Day on 16 February?

THE LAB

Eight pages of things to make and do

TOP TIP

Plan out your design in advance with a pencil and paper, then you just have to copy it when you get to the cooking stage.

Kitchen chemistry

Create pancake art

Take your breakfast up a level with these deliciously creative pancakes.

What you need

- Paper
- Pencil
- 2 mixing bowls
- 300g self-raising flour
- 1 tsp baking powder
- 1 tbsp caster sugar
- A pinch of salt
- 2 medium eggs
- Whisk
- 350ml milk
- 1 tbsp maple syrup, plus extra to serve
- 1 tbsp cocoa powder
- Food colouring (optional)
- 2 squeeze bottles or 2 disposable piping bags (you can also use sandwich bags)
- Frying pan
- Spatula

Instructions

- 1** Draw your design on paper. Here are some ideas to get you started: tinyurl.com/SN-pancakeart
- 2** For the batter, tip flour, baking powder, sugar and salt into a large mixing bowl. Crack in the eggs and whisk until smooth. Add milk and syrup and keep whisking. The mixture will be runnier than typical batter to make it easier to draw with.
- 3** Transfer half the batter to a new bowl. Add the cocoa powder to this bowl and mix it through. You can also use food colouring to make lots of shades – just divide the batter between smaller bowls and add a few drops of colouring to each.
- 4** Transfer each mixture into its own squeeze bottle or sandwich bag (cut off a corner to make a small hole). Ask an adult to help with the cooking.
- 5** Put the frying pan on a low heat and squeeze or pipe the outline of your shape with the cocoa powder mixture. Start simple – you can do more complex designs as you get more confident.
- 6** Fill the gaps between your piped lines with the plain batter. Raise the heat a little and wait until it is cooked. Flip using a spatula and serve.



We used squeeze bottles to draw shapes in the pan.

How does it work?

Baking is fun, creative and relies on chemical reactions. This is why you need to use ingredients in the right quantities and correct order. Self-raising flour contains baking powder, which is a mixture of a chemical called sodium bicarbonate and a weak acid. When it gets wet, the acid reacts with the bicarbonate, releasing bubbles of carbon dioxide gas. This makes your pancakes fluffy. Heating speeds up the process. Creating your outlines first provides a structure to build up a fab pancake picture.