

Pancakes

A good heavy frying pan is recommended. These are **English**¹ pancakes.

Ingredients

100 g plain flour
2.5 ml salt
300 ml milk
1 medium egg
sunflower oil
FAIRTRADE sugar
FAIRTRADE honey
FAIRTRADE orange juice

- **FAIRTRADE** orange quarters for squeezing), plus **FAIRTRADE** sugar and **FAIRTRADE** honey.

Or **FAIRTRADE** Traidcraft Jam, or **FAIRTRADE** chocolate hazelnut spread or **Fair Trade** Marula Jam from Eswatini.

Fry a few slices of **FAIRTRADE** apple in a little **Fair Trade** Palestinian Olive Oil, with a little brown sugar and a sprinkling of **FAIRTRADE** cinnamon. Add the spicy apple to the pancake with a dollop of Ben & Jerry's **FAIRTRADE** Ice Cream.

Method

Sift the flour into a bowl and make a well in the middle.

Break in the egg and beat well with a wooden spoon, then gradually beat in the milk, drawing in the flour from the sides to make a smooth batter.

Heat a little oil in the pan.

Pour in enough batter to thinly coat the base of the pan.

Cook for 2 minutes until golden brown, then turn or toss, and cook the other side until golden.

Transfer to a plate and carry on.

Variation

The variations are in the topping.

To serve

Serve with **FAIRTRADE** lemon juice, or **FAIRTRADE** orange juice (or Church family side

¹<http://www.fairtradecookbook.org.uk/countries/england.htm>