

Savory Pancakes with cheese and tuna.

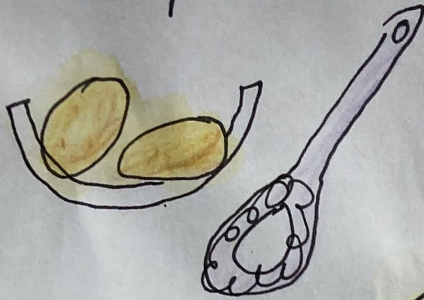
What you need : 100 g plain flour (sifted if possible)

250 ml, Milk $\frac{2}{3}$ water $\frac{1}{3}$. Mix.

2 eggs.

Butter or margarine. (fat)

Salt.



How to make ① Mix flour with eggs and milk/water.

② Beat into a fine batter

③ Add a pinch of salt.

How to cook ① Put frying pan on a hot ring

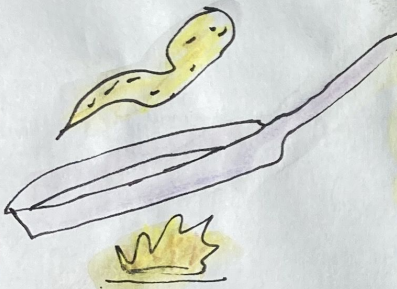
② Add a small knob of fat. The fat is to stop the pancake sticking.

③ When the pan is hot add a spoon of mix

④ Move pan so mix covers the whole pan.

⑤ Cook for 1 minute until pancake is loose.

⑥ Flip the pancake and cook the other side.



Tuna and cheese ① Cook the pancakes first.

pancakes. ② Grate 4 oz of cheese.

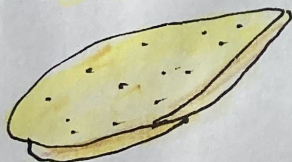
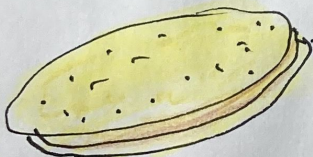
③ Break up the chunks of tuna.

④ Reheat pancakes one at a time.

⑤ Put cheese and tuna on top.

⑥ When cheese melted take off heat

⑦ fold pancakes in half.



What else do you think might be nice in a pancake? You can make sweet ones too!