

Blueberry and Lemon Pancakes with strawberry sauce

Pancakes

Ingredients

200g plain flour
1 tsp cream of tartar
½ tsp bicarbonate of soda
1 tsp golden syrup
75g blueberries
zest 1 lemon
200ml milk
1 large egg
butter, for cooking



Method

1. First, put the flour, cream of tartar and bicarbonate of soda in the bowl. Mix them well with the fork. Drop the golden syrup into the dry ingredients along with the blueberries and lemon zest.
2. Pour the milk into a measuring jug. Now break in the egg and mix well with a fork. Pour most of the milk mixture into the bowl and mix well with a rubber spatula. Keep adding more milk until you get a smooth, thick, pouring batter.
3. Heat the frying pan and brush with a little butter. Then spoon in the batter, 1 tbsp at a time, in heaps. Bubbles will appear on top as the pancakes cook – turn them at this stage, using the metal spatula to help you. Cook until brown on the second side, then keep warm on a plate, covered with foil. Repeat until all the mixture is used up.



Strawberry sauce

Ingredients

1 pint fresh strawberries
1/3 cup white sugar
1 teaspoon vanilla

Directions:

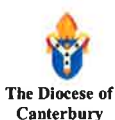
1. Wash strawberries and remove stems; roughly chop them.
2. Combine strawberries, sugar, and vanilla in a saucepan. Cook over medium-high heat, stirring occasionally. Continue stirring; mash a few strawberries with a wooden spoon to help produce the syrup. Cook until sauce thickens, about 15 minutes.
3. Remove from heat. In a blender, puree about 1/3 of the sauce, then mix back into remaining topping. Store in refrigerator.

Sourcing the ingredients from our local area

Blueberries – the blueberries came from Miss Spinks' garden in Maidstone

Strawberries – the strawberries are from our school allotment

Egg and Milk – from local farm shop - Potten Farm Shop, Main Road, Sellindge, Ashford, TN28 6EQ



Millbank Road + Kingsnorth + Ashford + Kent TN23 3HG

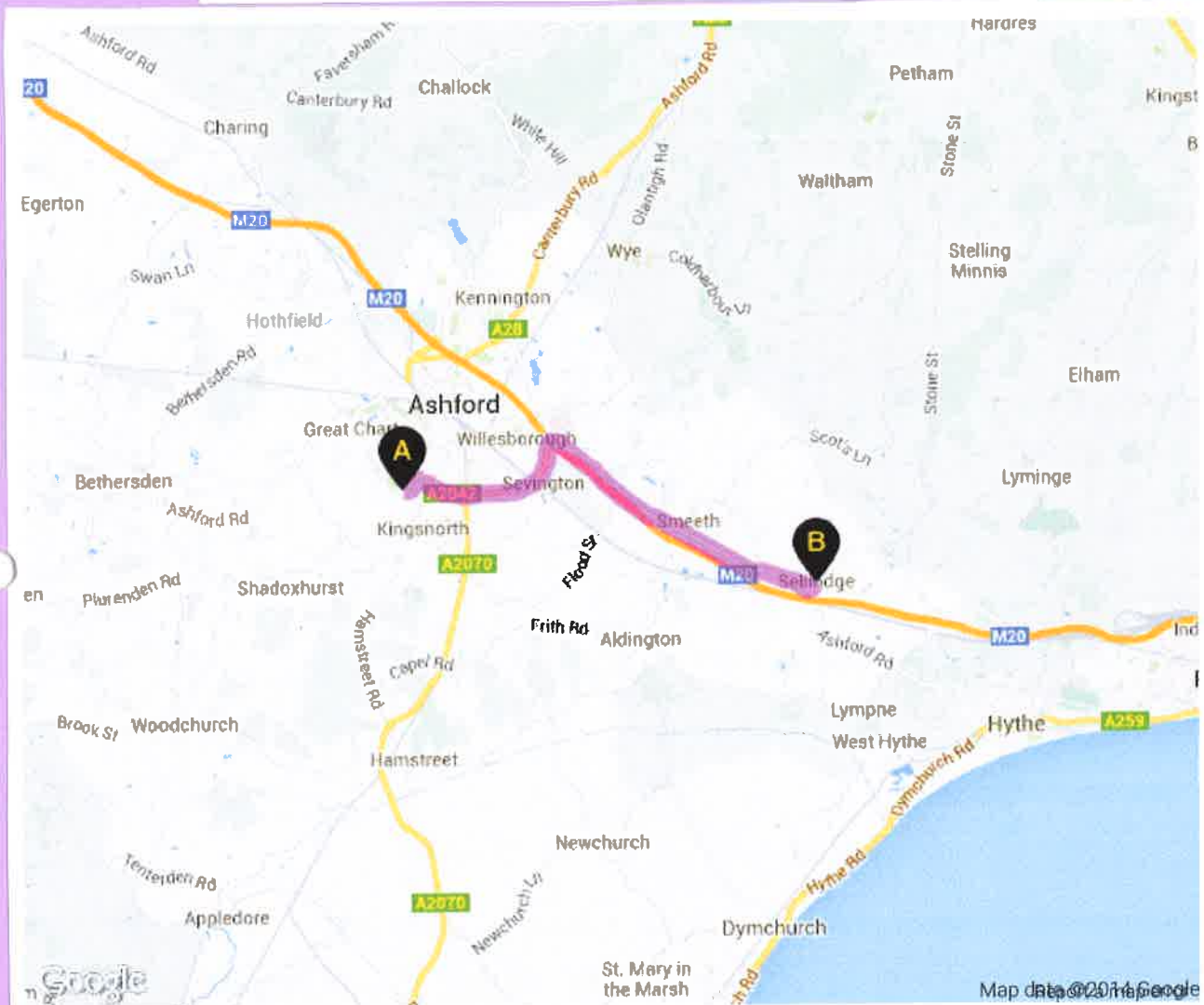
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Where did we get our ingredients?



From TN23 3HG, Kingsnorth to Swan Lane, Sellindge
Distance: 8.2 miles | Time: 0 hr 17 min

Strawberries came from our school allotment which we set up after our visit to the Kent County Show last year.

Blueberries came from Miss Spinks' garden.

Eggs and milk came from a farm shop in Sellindge 8.2 miles away from the Academy.

Making our breakfast at school



Making the pancakes.



It was great fun trying the recipe at school.



At first the mixture was too thick, so we added more milk.



Making the strawberry sauce.





Tasting was great fun.