

Batter

Batter is an extremely versatile recipe used for favourites such as Pancakes, Toad-in-the-Hole and Yorkshire puddings. This is the basic batter recipe, which you can then use for any of the above.



Egg, milk and wheat (gluten)*

Nutritional information per portion (81g):

Energy 449kJ 107kcal 5%	Fat 2.2g 3%	Saturates 0.9g 4%	Sugars 2.7g 3%	Salt 0.09g 2%
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of an adult's reference intake.
Typical values per 100g: energy 555kJ/132kcal.

Equipment

Weighing scales
Large mixing bowl
Sieve
Small bowl
Measuring jug
Whisk

Ingredients

Makes enough for 10 small pancakes or 5 large ones.

100g plain flour
1 egg
250ml semi-skimmed milk

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Method

1. Sieve the flour into a large bowl. Make a well or hole in the middle.
2. Crack the egg into a small bowl. Mix in 100ml of the milk.
3. Put the egg and the milk mixture into the hole in the flour and whisk.
4. Add the rest of the milk a little at a time until you have a thin, smooth, creamy batter.
5. Leave the batter to stand for 10 minutes. It is then ready to use.

Prepare now, eat later

- Uncooked batter can be kept in the fridge for up to 2 days. Store in a jug or bowl covered with cling film or in an airtight box. Whisk again before use.

Skills used include:

Weighing, measuring, sifting, whisking and mixing/combining.

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BDA183