

Pancakes for Peace

Questions/conversation starters

1. What is the best pancake topping?
2. How many pancakes could we make with the cost of replacing Trident, Britain's nuclear arsenal?
3. What is the fastest someone has completed a marathon whilst flipping a pancake?
4. How many words can you find using the letters in SHROVE TUESDAY?
5. Are you doing anything different for Lent?

Recipe (based on BBC Good Food)

100g (3 ½ oz) plain flour
2 eggs
300ml milk – plant or dairy both work well
1tbsp oil, plus extra for cooking
pinch salt

Method:

1. Put the flour and a pinch of salt into a large mixing bowl and make a well in the centre. Crack the eggs into the middle, then pour in about 50ml milk and 1 tbsp oil. Start whisking from the centre, gradually drawing the flour into the eggs, milk and oil. Once all the flour is incorporated, beat until you have a smooth, thick paste. Add a little more milk if it is too stiff to beat.
2. While still whisking, pour in a steady stream of the remaining milk. Continue pouring and whisking until you have a batter that is the consistency of slightly thick single cream.
3. Heat the pan over a moderate heat, then wipe it with oiled kitchen paper. Ladle some batter into the pan, tilting the pan to move the mixture around for a thin and even layer. Leave to cook, undisturbed, for about 30 seconds. If the pan is the right temperature, the pancake should turn golden underneath after about 30 seconds and will be ready to turn.

You can also make a pretty good vegan pancake by just leaving out the eggs (use plant milk as above).

Could you hold a collection for FoR with your pancakes? There are Gift Aid forms below. More info is available from emma@for.org.uk or ☎01865 250781. To find out about the Fellowship of Reconciliation, visit for.org.uk You can tweet about your evening @forpeacemaker

Answers

1. Obviously lemon and maple syrup
2. £39166666667 (a pancake costs around 12p to make; Trident, around £167 billion)
3. 5 hours 2 minutes 27 seconds in the USA on 24th October 1999. The course crosses Peace Bridge.
4. Answers to emma@for.org.uk. Winner receives an For goody bag (our decision is final)
5. Would you like to write a blog post about how you'll be peaceful this Lent? We'd love to print it.

Gift Aid form (one per person)

Name: _____

Address: _____

_____ Postcode: _____

Date: _____ Donation: _____

Signature: _____

Cheques payable to **Fellowship of Reconciliation**

Email: _____

I would like to hear about FoR's work

giftaid it I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

The Fellowship of Reconciliation is charity number 207822

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