

# TELL YOUR FRIENDS ABOUT A RECIPE

I'm a  
Chef!



## Step 1 : learn about the history of Pancake Day

On Shrove Tuesday, people will be tucking into a pancake feast, as part of a tradition that has lasted for centuries.

Traditionally, Christians would eat pancakes on the last day before Lent begins, to use up foods like eggs and milk, before starting 40 days of fasting for lent.

Now, Pancake Day is celebrated by people all over the world, and some people even hold pancake-flipping competitions.

**Read the text and answer the questions.**

- 1/ When is Pancake Day celebrated?
- 2/ When would Christians traditionally eat pancakes? Why?
- 3/ Where is Pancake Day celebrated?
- 4/ What event do people organise?



## Step 2 : understanding the recipe

Go to [www.bbcgoodfood.com/recipes/american-pancakes](http://www.bbcgoodfood.com/recipes/american-pancakes)



**Read the recipe and answer the questions.**

- 1/ How long does it take to prepare the batter?
- 2/ How long does it take to cook this recipe?
- 3/ Is it difficult?
- 4/ How many pancakes can you make?
- 5/ What ingredients do you need?
- 6/ Do you need any utensils? Which ones?



**Watch the video and put the stages of the recipe in the right order.**

- a/Create a well in the centre with the back of your spoon then add the eggs, melted butter and milk.
- b/Whisk together and then pour into a jug.
- c/Mix the flour, baking powder, caster sugar and a pinch of salt together in a large bowl.
- d/Flip the pancakes over and cook for a further minute on the other side.
- e/Heat a small knob of butter and 1 tsp of oil in a large, non-stick frying pan
- f/Serve your pancakes stacked up on a plate with some maple syrup and any of your favourite toppings.
- g/Pour in rounds of the batter
- h/Cook the pancakes on their first side for about 1-2 mins

## Step 3 : get ready to tell your friends how to make pancakes



**To make ... you need ...**

**First, ... Secondly, ...**

**After that, ... Then, ...**

**Next, ...**

**Finally, ...**

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## Step 1 : learn about the history of Cream Tea

**Crumbly scones, sticky fruit jam, lashings of clotted cream and perfectly brewed tea. It's a heavenly combination, but where did it all begin?**

### Time for tea

Britain's love affair with tea began when Portuguese Catherine de Braganza married Charles II in 1662, bringing the custom of drinking tea at court with her and making tea popular worldwide. In 1706, Thomas Twining opened London's first tearoom. Before long, a flurry of tearooms appeared across the city.

### Afternoon tea

By the middle of the 19th century, afternoon tea was an every day occurrence; a spread of sandwiches, cakes, scones, cream and jam – the first hint of cream teas as we know them today.

### Cream tea

The cream tea tradition flourished in the Westcountry following the tourism boom in the 1850s, brought on by the opening of the railway. Visitors bustled south looking to relax and indulge, and hotels, tearooms, farmhouses and cafés were happy to oblige – offering delicious afternoon cream teas, made with the finest local ingredients. The jam was invariably strawberry. And the cream was always clotted.

### Read the text and answer the questions.

- 1/ What does Cream Tea consist of?
- 2/ When did tea become popular?
- 3/ When did Thomas Twining open the first tearoom in London?
- 4/ What is Afternoon Tea composed of?
- 5/ Which flavour of jam is generally used?



## Step 2 : understanding the recipe

Go to [www.bbcgoodfood.com/recipes/4622/classic-scones-with-jam-and-clotted-cream](http://www.bbcgoodfood.com/recipes/4622/classic-scones-with-jam-and-clotted-cream)

### Read the recipe and answer the questions.

- 1/ How long does it take to prepare the dough?
- 2/ How long does it take to cook the scones?
- 3/ Is it difficult?
- 4/ How many people can you serve?
- 5/ What ingredients do you need?
- 6/ Do you need any utensils? Which ones?

### Watch the video and put the stages of the recipe in the right order.

- a/Then stir in the sugar and make a well in the centre.
- b/Put the flour into a large bowl with salt and baking powder, then mix.
- c/Work the dough and pat it out until a 4 cm thickness.
- d/Brush the tops with a beaten egg, then carefully place onto the hot baking tray.
- e/Serve them warm or cool with clotted cream and jam.
- f/Heat the oven to 220C/fan 200C/gas 7.
- g/Add the vanilla extract and a squeeze of lemon juice.
- h/Add the milk and mix.
- i/Add butter, then rub in with your fingers until the mixture looks like fine bread crumbs.
- j/Take the cutter and plunge it into the dough. Repeat several times.
- k/Bake for 10 mins until risen and golden on the top.



## Step 3 : get ready to tell your friends how to make Cream Tea



**To make ... you need ...**  
**After that, ... Then, ...**

**First, ... Secondly, ...**  
**Next, ... Finally, ...**