

Top Tips for Flipping Pancake Day Fun from Antony Worrall Thompson

Submitted by: Minx PR

Thursday, 22 January 2009

Shrove Tuesday, 24th February 2009

Whether you are young or old, Pancake Day is a great chance to have some child-like fun flipping pancakes with your friends and family. It also provides the perfect excuse to indulge in sweet treats or savoury sensations by creating your own toppings and fillings.

Antony says: "Pancake Day makes for great family fun. Making pancake batter is a doddle for children and assembling their own fillings and toppings creates great excitement. While children will tend to go for sweet things, adults can develop more sophisticated savoury versions to enjoy when the kids are tucked up in bed. Whether you stick to the simple old-fashioned favourites such as maple syrup or sugar and lemon or enjoy experimenting with your own creations, some kitchen basics will help you create the perfect pancake and ensure a safe and successful time is enjoyed by all."

AWT's Top Tips to Flip

Pan-Tastic!

Pancake flipping can be a sticky subject even for us 'professionals' but it can be mastered with some pretty nifty wrist action and a good non-stick pan! Antony Worrall Thompson's Influence 24cm Frying Pan is non-stick and has a silicone grip for improved handling. Exclusively from Matalan, RRP: £20.

Tips to Flip

The secret is to ensure that the pancake doesn't stick to the bottom of the pan by quickly jerking the pan forward to loosen it. Then using your wrist to control the movement, toss the pancake with a quick upwards, outwards and back movement, catching it back in the pan so the uncooked side is underneath (hopefully!) Practice makes perfect!

Cover Up

Don't let injury ruin your fun. Avoid burned fingers and forearms from poorly flipped pancakes. Antony's Oven Mitt (£4.99), is a generously sized mitt with a separate thumb piece to help you grab and hold onto that frying pan. The insulation and protection in the oven mitt is made from professional standard quilted heat resistant poly/cotton to offer a high degree of protection. Keep batter blobs and oil splashes at bay with Antony's Classic, Traditional and contemporary Viva Aprons (all priced £5.99). They are fully adjustable to ensure chefs of all sizes can be covered up while cooking. The linen is made from durable, top quality and hard wearing cotton. Each item carries Antony's signature for added professional inspiration in the kitchen. Buy from www.awtonline.co.uk or www.richardhaworth.co.uk

For Perfect Batter, Antony suggests...

Sift 175g of plain flour into a bowl and add a pinch of salt and 1 dessert spoon of caster sugar. Add two large free range eggs and one to two egg yolks and beat to combine. Next mix 150mls of milk with 150mls of water and add this slowly, stirring until the batter is covered in bubbles. Allow it to stand in a cold place for one hour. Add three dessertspoons of melted butter before turning into the pan to

fry in the usual way. This will make six large pancakes.

Try a New Filling

Give the lemons and maple syrup a rest this year and try this recipe instead from Antony's new book *Fast Family Food* by Antony Worrall Thompson, published by Mitchell Beazley at £18.99 (www.octopusbooks.co.uk). This recipe is sweet enough for the children and sophisticated enough for adults to enjoy as a fantastic dinner party pudding.

Almondy Apple Pancakes with Almond Custard
(Preparation 10 minutes, Cooking 15 minutes) Serves 4

FOR THE PANCAKES

55G (2OZ) UNSALTED BUTTER
3 Bramley apples, each peeled, cored and cut into 12 wedges
115g (4oz) soft dark brown muscovado sugar
8 home-made crepes or pancakes
55g (2oz) toasted flaked almonds
115g (4oz) shop-bought marzipan
Juice of half a lemon

FOR THE CUSTARD

600ml (1 pint) best shop-bought fresh custard
1 tsp almond essence or extract or, for adults only, 2 tbsp amaretto almond liqueur
In a large frying pan, heat half the butter until foaming, then add the apple wedges and fry over a moderate heat until the apples are golden all over but still retain their shape. (Be careful, because Bramley apples collapse very quickly). Fold in the brown sugar and toss to combine.

Lay the pancakes out on your work surface, and then place the apples down each pancake, about one-third in. Sprinkle with almonds, grate over the marzipan and squeeze with a little lemon juice. Start to roll the pancakes, tucking in the sides, and make each one into a neat parcel. (Up to this point, the pancakes can be made ahead of time).
Heat the remaining butter in a large frying pan and fry the pancake parcels over a medium heat until brown. Serve on warm plates.

Heat the custard in a saucepan or microwave, and fold in the almond essence or liqueur. Serve with the pancakes.

This recipe may also be found by visiting www.awtonline.co.uk

- ENDS -

Notes to Editors:

- Some Pancake Trivia...
 - o The first recorded Pancake Race was in Olney, Buckinghamshire in 1445
 - o The first recipe for pancakes appeared in an English cookbook in the 15th Century

o The largest pancake made and flipped in Rochdale in 1994 – it was 15m in diameter, weighed 3 tonnes and packed an estimated 2 million calories!

- Acknowledgements

o With thanks to Mitchell Beazley for allowing the reproduction of Almond Apple Pancakes with Almond Custard from Antony's new book, Fast Family Food

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