

# JOIN YOUR MOTHER & LOSELEY FOR SOME PANCAKE THROWING ON SHROVE TUESDAY, 21 February 2012

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It's one of the most exciting days in the culinary calendar and a chance for you to show off your skills to the rest of the family on this year's Pancake Day, Shrove Tuesday. Loseley Chilled Foods is here to help with an utterly delicious recipe of Mini Pancakes with Loseley's Rich and Creamy Plain Yoghourt, guaranteed to help perfect the pancake toss!

So, whether you plan to turn the kitchen into a pancake pantry or a berry haven, Loseley's scrumptious combination is easy to whisk up in an instant. For a more healthy twist, why not substitute fruit and berries, or even Loseley's Caramelised Pear and Creamy Fudge Yoghourt for the golden syrup.

Loseley has always been proud of its naturally fresh and tasty products made from the finest quality ingredients. You can indulge yourself with four flavours: Raspberries and Jersey Cream, Strawberries and Jersey Cream, Caramelised Pear and Creamy Fudge, and a Rich and Creamy Plain Yoghourt. All come in individual 150g pots and are gluten free, with no artificial colours or flavours.

Loseley Chilled Foods are available from the chilled cabinet of local independent grocers. Visit [www.loseley.com](http://www.loseley.com) for more information.

Mini Pancakes with Loseley's Rich and Creamy Plain Yoghourt

A perfect recipe for children to follow and very tasty with oodles of fruity goodness.

Serves: 4

Suitable for vegetarians

Ingredients:

- Self-raising flour, 110g (4oz)
- Salt, pinch
- Golden caster sugar, 15g (½oz)
- Egg, 1 large
- Vanilla extract, 1 teaspoon
- Loseley's Rich and Creamy Plain Yoghourt, 150g (5oz)
- Milk, 2 tablespoons
- Vegetable oil, 2-3 teaspoons
- Fruit and berries or golden syrup, to serve

Method:

1. Sift the flour and salt into a large bowl and stir in the sugar. Crack the egg into the middle, and then add the vanilla extract, Loseley's Rich and Creamy Plain Yoghourt and milk.
2. Beat together with a wire whisk to make a smooth, thick batter. Next, heat a pancake pan – ideally,

it should be very heavy with shallow sides.

3. Add a few drops of vegetable oil. Turn the heat to low, then drop tablespoons of the batter into the hot pan, allowing room for them to spread.

4. Cook over a medium heat until bubbles appear and the surface of the batter just begins to set – this will take about 2 minutes. Flip the pancakes over with a palette knife to cook on the other side.

5. Cook the pancakes until golden brown, and then lift out onto sheets of kitchen paper. Keep them in a warm place whilst you cook the remaining batter, adding a few drops of vegetable oil into the pan when needed.

6. Serve the pancakes when they are warm, overloaded with fruit and berries or drizzled with golden syrup, or even a tablespoon of one of Loseley's Yoghourts – why not try Caramelised Pear and Creamy Fudge.

Ends