

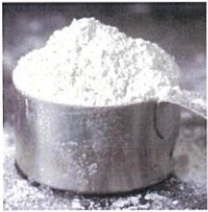








Simple Pancake Recipe

- 1 cup self-raising flour (sifted)
- 1 tbs sugar
- 1 egg (lightly beaten)
- 3/4 cup milk
- 50 g butter (melted)



Method

1. Gather all ingredients.
2. In a bowl, whisk flour and sugar. Beat in the egg and milk a little at a time until batter is smooth and lump-free.
3. In a hot pan or flat grill over medium heat, brush butter over cooking surface and pour 1/4 cup measures for each pancake.
4. When large bubbles form on the surface, flip the pancake over and cook until lightly golden on the other side.

Ingredients	What I will need
 flour	 sifter
 sugar	 spoon and flipper
 egg	 bowl
 milk	 frypan
 butter	



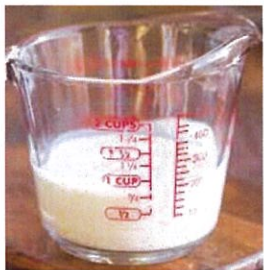



Basic Omelette Recipe

- spray oil
- 2 eggs
- 2 tablespoons of milk
- dash of salt and pepper



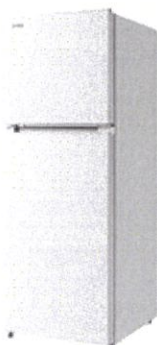
Method

1. Spray a frying pan with oil.
2. In a bowl whisk the eggs, milk, salt and pepper.
3. Heat the frypan on the stove to a medium heat.
4. Pour mixture into the frypan.
5. Pull mixture away from the edge of the frypan while cooking.
6. Fold the omelette in half using the flipper
7. When omelette has finished cooking gently slide it onto a plate

Ingredients	What I will need
 spray oil	 spoon and flipper
 eggs	 bowl
 milk	 frypan
 salt and pepper	 whisk

Where to store food safely

Fridge



Cupboard



