

Rescue Recipe

This recipe is great for using up leftover pancakes.



Sweet and Savory Pancakes

Introduction

Pancakes were originally meant for using up any leftovers you had in cupboard before lent, so why not use them for just that? Pancakes can have sweet or savory fillings, below are just two examples.

Ingredients

4 glasses of plain flour 2 medium eggs
3 glasses of milk 1 pinch of salt

Method

- Place the flour with the salt in a bowl. Make a well and place in the eggs and 1 cup of milk. Begin stirring.
- Add the remaining milk and now stir with a wooden spatula.
- If you find the mixture too thick simply add a little more milk to loosen.
- Allow the mix to rest for a minimum of 30 minutes before use.

Filling ideas

2 jumbo sausages, sliced
1 tomato, sliced
Cheddar cheese, grated

Cook the pancake in a greased frying pan. Add in all of the ingredients and fold. Serve with salad and cucumber



For a sweet alternative make the pancakes and fill generously with Nutella chocolate spread!

Franck Pontais is a Traiture Chef - an Artisan who has risen through the ranks of the butchery and charcuterie departments. He has developed the Traiture counters of both Harrods and Selfridges, and has catered for film premiers and royal functions. He is a chef unlike no other working in the UK today.

Proud to support
LOVE FOOD
hate waste

Every year in the UK we throw away £12 billion worth of food, costing the average family £50 a month.

The good news is that there are some quick and easy things we can all do to reduce the amount of food we throw away. Here are a few of our favourites for measuring everyday portions.

Perfect Portions

Mug

A mug is handy for measuring uncooked rice.

4 adults = Full mug, 300ml

2 adults = Half a mug, 150ml

Tablespoon

Ideal for measuring child portions.

Use 2½ tablespoons for rice, beans or dried fruit.

Scales

Kitchen scales are great for measuring exact portions.

Spaghetti measurer

Stand bundles of uncooked spaghetti on our handy measurer to get perfect portions.

The portion calculator at lovefoodhatewaste.com removes the guesswork when it comes to portions, helping you cook and serve the right amount.

