

Banana Pancakes with Pecan Nuts & Raspberries



Serves 4

Ingredients

- 2 large bananas
- 4 medium eggs, beaten
- 250ml whole milk
- 350g self-raising flour
- ½ tsp baking powder
- ¼ tsp vanilla extract
- 2 tbsp sunflower oil
- 50g raspberries
- 50g pecan nuts



Method

Watch the video first before cooking

1. In a bowl, mash the bananas with a fork until creamy and smooth,
 2. Whisk in the eggs followed by the vanilla extract and milk.
 3. In a separate bowl sieve the flour and baking powder.
 4. Make a well in the flour mix then pour in the banana mix, stir rapidly together forming a silky batter.
 5. Heat a little butter in a large non-stick frying pan over a medium heat.
 6. Spoon out the batter to form four pancakes.
 7. Allow them to cook for a few minutes until bubbles start appearing on the surface.
 8. Carefully turn the pancake over and cook for another couple of minutes.
 9. Remove from the heat. Continue making pancakes until you have used all the batter.
 10. To serve, put a couple of pancakes on a plate and dress with the pecan nuts and raspberries.
- YUM

Eggs

What's the best way to crack an egg...

Keep the egg OVER a plate or bowl

Tap it gentle until the shell cracks a little

Pull it open with your thumbs

Hold onto the shell while the egg falls out

Put the shell aside

Pick out any little pieces of shell

Crack each egg separately in case shell drops in or the egg has gone bad.

How do you know if your egg has gone off?

Fill a bowl with cold tap water and place your eggs in it. If they sink to the bottom and lay flat on one side, they are fresh and good to eat.

A bad egg will float because of the large air cell that forms at its base. Any floating eggs should be thrown out.

Summer Chefing Ingredients for Recipes

g = grams

ml = milliliter

INGREDIENTS	
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4 eggs	
250ml whole milk	
350g self-raising flour	
½ tsp baking powder	
¼ tsp vanilla extract	
2 tbsp sunflower oil	
50g raspberries	
50g pecan nuts	

IMPORTANT HEALTH & SAFETY INFORMATION FOR ALL CHEFS

PERSONAL HYGIENE

- Always have an adult in the vicinity before preparing food and starting to cook.
- Make sure that your clothes are clean. Wear a clean apron if you have one. Wear sensible close-toed shoes. No flipflops or bare feet. Jewellery should be removed and hair tied back.
- Hands should be thoroughly washed with anti-bacterial soap before starting each session. Hands must be washed between each food handling process especially when handling raw meats and uncooked vegetables.

WORK AREA

- Set up your worktable with your tools chopping board and ingredients. Make sure that any soaps, detergents, and bleaches are put safely away in cupboards.
- Have your recipe in front of you, read it thoroughly. Understand what it is that your trying to do.
- Make sure electrical appliances are kept a safe distance away from the wash up area.

FOOD PREPARATION

- Prepare raw vegetables and salad ingredients by giving them a thorough wash in clean running water.
- Do not wash raw meats before use, this can cause a lot of bacterial contamination in your working area.
- If possible, use a separate board for preparing raw meats. After preparing raw meats wash your knife and chopping board with hot soapy water, spray with a sanitizer spray, then rinse.

KNIFE HANDLING

- Use the right knife for the right job. Always keep your knives sharp and clean.
- Never cut towards your hands. Always cut food down on a chopping board not held up in the air. When chopping keep your fingers curled back away from the blade.
- When task is finished place your knife neatly alongside your chopping board.
- Never drop your knife into a wash up bowl, this can cause injuries if you have forgotten it was there.

COOKING AREA

- Make sure pots and pans are safe on the stove. Handles should be turned in so they cannot be knocked.
- Be very careful when opening the oven door. First partly open the door to let the rush of heat escape, then carefully proceed. Use oven gloves or folded oven cloths. Never use gloves or towels when damp, this can immediately cause burns.

DANGERS

- Any spills of oils and grease should be cleaned up immediately. This will prevent yourself or others slipping injuring themselves.

FIRE

- If a fire happens whilst cooking, call an adult immediately. Have a fire blanket or fire extinguisher close by.

INJURY

- Always have a first-aid kit close by. In the event of an injury call for an adult's assistance immediately.

TIDY DOWN

- At the end of your cooking session wash and clean all surfaces with hot soapy water. Follow up with sanitizer spray. Put all tools and equipment safely away.
- Make sure your oven and hobs are turned off.

COOK SAFELY, ENJOY YOUR COOKING!