

Shrove Tuesday



Shrove Tuesday is the day before Ash Wednesday, the day before Lent starts. This day is also known as Pancake Day or Pancake Tuesday, because making and eating pancakes on Shrove Tuesday is a much-loved tradition. It was invented to use up the ingredients that were given up for Lent. Lent is the period in which Christians fast and do not eat meat. The word shrove originates from the word shrive, which means to confess all sins. The traditional pancake is served with fresh lemon juice, sugar, syrup or any other sweet or savoury topping.

→ Discuss in groups of four:

Pancakes are a very important part of this festival. Do you know other traditions or festivals of which food is an important part?

→ Discuss and compare in class:

What do you eat on Christmas Eve?

→ Make your own pancakes!

Try this recipe!

1 cup flour, 1tbsp¹ sugar, 1tsp² baking powder, 1/2 tsp (exactly!) salt

Mix and add, 1 cup milk, 1tbsp neutral oil, 1 egg.

Mix until just barely mixed - but still with clumps

(very important, otherwise the pancakes won't rise!)

Add portions to a frying pan

Without oil (the oil is already in the batter)

Wait until bubbles build on the surface and then turn.

Put the pancake on a plate and spread some lemon juice or sugar and eat the pancakes.



Note: The best pancakes are very thin.

¹ → tablespoon (about about 1.5 cl)

² → teaspoon (about 5 ml)