



Why is Shrove Tuesday Pancake day?

Pancake Day or Shrove Tuesday is on 1 March this year, meaning everyone will be tucking into the sweet treat. But why do we eat pancakes on Shrove Tuesday and what is the meaning behind it?

In Christian tradition, the 40 days before Easter Sunday are known as Lent, traditionally a time of fasting. Christians mark the time that Jesus spent fasting in the desert - 40 days - by fasting and praying. The Tuesday before Lent became known as Shrove Tuesday. This was when the eggs, butter and fat were emptied from kitchen cupboards and used to ensure it was all gone before the start of the traditional fast. The easiest way to use these ingredients was to make pancakes.



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Buttermilk Pancakes recipe

Ingredients

- 1 1/2 cups of all-purpose flour
- 3 tbsp sugar
- 1 tsp baking powder
- 1/2 tsp baking soda
- pinch of salt
- 2 cups buttermilk
- 1 egg
- 1 tsp butter-flavoured extract
- 4 tbsp melted butter (plus more for frying)

Instructions

In a large bowl, combine flour, sugar, baking powder, baking soda and salt. In another smaller bowl, whisk together buttermilk, egg, melted butter and butter extract until smooth. Slowly whisk the wet ingredients into the dry ingredients, stirring after each addition until there are no lumps.

In a large frying pan over medium high heat, melt a tablespoon of butter for each pancake. Carefully scoop the batter onto the griddle using a ladle. Cook until lightly browned on both sides.

Serves 12.

