

## Pancakes for Peace

### Questions/conversation starters

1. What is the best pancake topping?
2. How many pancakes could we make with the cost of replacing the Trident nuclear arsenal?
3. What is the fastest someone has completed a marathon whilst flipping a pancake?
4. How many words can you find using the letters in SHROVE TUESDAY?
5. Are you doing anything different for Lent?

### Recipe (based on BBC Good Food)

100g (3 ½ oz) plain flour  
 2 eggs  
 300ml milk – plant or dairy both work well  
 1tbsp oil, plus extra for cooking  
 pinch salt

### Method:

1. Put the flour and a pinch of salt into a large mixing bowl and make a well in the centre. Crack the eggs into the middle, then pour in about 50ml milk and 1 tbsp oil. Start whisking from the centre, gradually drawing the flour into the eggs, milk and oil. Once all the flour is incorporated, beat until you have a smooth, thick paste. Add a little more milk if it is too stiff to beat.
2. Add a good splash of milk and whisk to loosen the thick batter. While still whisking, pour in a steady stream of the remaining milk. Continue pouring and whisking until you have a batter that is the consistency of slightly thick single cream.
3. Getting the right thickness: Heat the pan over a moderate heat, then wipe it with oiled kitchen paper. Ladle some batter into the pan, tilting the pan to move the mixture around for a thin and even layer. Leave to cook, undisturbed, for about 30 seconds. If the pan is the right temperature, the pancake should turn golden underneath after about 30 seconds and will be ready to turn.

### Grace for Shrove Tuesday

**Loving God, on pancake day  
 We'd like to send a prayer your way.  
 That we won't be flippant or flat with defeat,  
 Hearts of love and not concrete;  
 A kind, brave ox, a gentle kitten  
 On this pancake day, may we all be Shriven.**

**Could you hold a collection for FoR with your pancakes? If so, please print out the Gift Aid forms below. More info is available from outreach@for.org.uk or ☎ 01865 250781**

**To find out more about FoR, visit for.org.uk or why not tweet about your evening @forpeacemaker**

### Answers

1. Obviously lemon and maple syrup
2. 83,000,000,000 (a pancake costs around 12p to make; Trident, around £100 billion)
3. 3 hours 2 minutes 27 seconds in the USA on 24<sup>th</sup> October 1999. The course crosses Peace Bridge.
4. Answers to emma@for.org.uk. Winner receives an For goody bag (our decision is final)
5. Would you like to write a blog post about how you'll be peaceful this Lent? We'd love to publish it.

Gift Aid form (one per person)

Name:

Address:

Postcode:

Date:

Donation:

Please make cheques payable to **Fellowship of Reconciliation**

Email:

I would like to be kept up to date with FoR's work

*giftaid it*  YES I would like the Fellowship of Reconciliation, England, (charity number 207822) to treat all donations I have made for this tax year (6 April to 5 April) and the four years prior to the year of this declaration, and all donations I make from the date of this declaration until I notify the charity otherwise, as **Gift Aid** donations. I confirm I have paid or will pay an amount of income tax and/or capital gains tax at least equal to the tax that all the charities or Community Amateur Sports Clubs that I donate to will reclaim on my gifts (currently 25p for every £1 I give). I understand that other taxes such as VAT and Council Tax do not apply.

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