

### Pancake Day

Next Tuesday (16<sup>th</sup> February) is Pancake Day or Shrove Tuesday. It is the traditional feast day before the start of Lent on Ash Wednesday. Lent is the 40 days leading up to Easter, and was traditionally a time of fasting and on Shrove Tuesday, the Anglo-Saxon Christians went to confession and were 'shriven' (absolved from their sins). A bell would be rung to call people to confession – this came to be called the 'Pancake Bell' and is still rung today in some parts of the country.

Our local church, St. Nicholas' has a Pancake Bell but hasn't been rung since it was removed from the belfry in 1892 and is now under the stairs in the ringing room. Although bell ringing traditions have slowly died out over that last 100 years, and over the past year St. Nicholas' have not officially been allowed to ring the bells except for some services. This said, if you live near St Nicholas', you might like to listen out for the 'Pancake Bell' being rung, as we have asked if they could possibly do this for Brooke. If they are able, this is likely to happen around 11:00am and will be rung for approximately 5 minutes.

Shrove Tuesday always falls 47 days before Easter, so the date varies from year to year and falls between February 3 and March 9. This year it will fall on 16th February.

Shrove Tuesday was the last opportunity to use up eggs and fats before embarking on the Lenten fast and pancakes are the perfect way of using up these ingredients.

### What is a pancake?

A pancake is a thin, flat cake, made of batter and fried in a frying pan. A traditional English pancake is very thin and is served immediately. Golden syrup or lemon juice and caster sugar are the usual toppings for pancakes. Although we would love to see and hear about your pancake creations.

### Making Pancakes

The pancake has a very long history and featured in cookery books as far back as 1439. The tradition of tossing or flipping them is almost as old: "And every man and maide doe take their turne, and tosse their pancakes up for feare they burn." (Pasquill's Palin, 1619).

The ingredients for pancakes can be seen to symbolise four points of significance at this time of year:

Eggs – Creation

Flour – The staff of life

Salt – Wholesomeness

Milk – Purity

To make 8 or so pancakes you will need 8oz of plain flour, 2 large eggs, 1 pint milk, salt.

Mix all together and whisk well. Leave to stand for 30 minutes. Heat a little oil in a frying pan, pour in enough batter to cover the base of the pan and let it cook until the pancake has browned. Then shake the pan to loosen the pancake and flip the pancake over to brown the other side.

### Fun Pancake Activities

In the UK, pancake races form an important part of the Shrove Tuesday celebrations – it's an opportunity for large numbers of people, often in fancy dress, to race down streets tossing pancakes. The object of the race is to get to the finishing line first, carrying a frying pan with a cooked pancake in it and flipping the pancake as you run. The pancake must be tossed at least three times during the race. The first person to arrive at the church, serve the pancake to the bellringer and be kissed by him, is the winner.



Sound like lots of fun? Maybe you could try something similar by racing around your garden tossing a pancake 3 or more times. Take photos or videos of your pancake pandemonium and send them into school – we'd love to see how you get on!

Happy Pancake Day, Everyone!