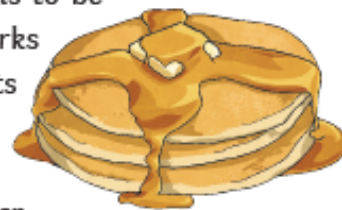


Pancake Day

Pancake Day is a Christian Festival that has been celebrated for over 1000 years! It is also known as Shrove Tuesday. Shrove means to be forgiven or 'shriven' for doing wrong. Pancake Day marks the start of Lent. Lent is the time before Easter and lasts for 40 days. During Lent, Christians 'abstain', which means they give up treats and rich food. This helps them prepare for the death and resurrection of Jesus at Easter.



People celebrate Pancake Day by making pancakes. Christians give up treats for Lent, so Pancake Day is the last chance to have a treat and use up rich food such as fat, butter and eggs. In the United Kingdom, there are lots of traditions linked to pancake day.

Northern Ireland

Family and friends gather to enjoy the food.

In the past, the eldest unmarried daughter would toss the first pancake. If it landed back in the pan, then she would be married that year; but if it didn't or she dropped it, she would stay unmarried.

Wales

On the evening before Shrove Tuesday, tin cans were kicked up and down the streets, to remember the task of putting away all the pots, pans and utensils used to make the tastier food that was not allowed to be eaten during Lent. Crempogs, also known as ffroes, are thicker than traditional pancakes.

Scotland

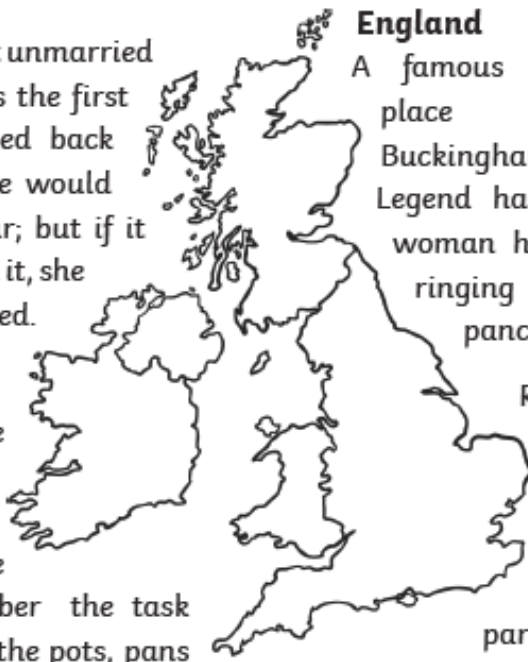
Scottish pancakes are smaller and thicker than the traditional pancakes. They are called 'drop scones' or 'dropped scones'.

England

A famous pancake race takes place in Olney in Buckinghamshire, England. Legend has it that in 1445 a woman heard the church bells ringing as she was making pancakes.

Rather than be late, she ran to church still holding the frying pan and pancake!

Today, you can take part in the race, wearing an apron, a hat or scarf and of course carrying a pan containing a pancake. You must flip your pancakes three times during the race. The first person to cross the finish line at the church and receive a kiss from the verger wins the race!



Christians all over the world celebrate Shrove Tuesday, although it can be celebrated in very different ways.

How do you make pancakes?

Ingredients:

- Flour
- Eggs
- Milk
- Water
- Salt
- Butter or oil (to fry)



First, mix all the ingredients together in a bowl to make a batter. Then, put a little butter or oil into a frying pan. Next, pour a little of the batter into the pan and fry it. Finally, choose a delicious topping.

What is your favourite pancake topping?



- On Pancake Day an estimated 52 million eggs are eaten!
- 349 = The World Record for the most pancake flips in 2 minutes!
- The largest pancake made was 15m across and weighed 3000kg!

