

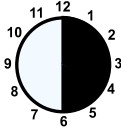
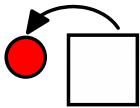
● Put the plain flour, egg, milk, sunflower or



vegetable oil and a pinch of salt into a bowl



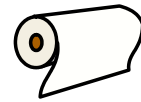
● Whisk into a smooth batter



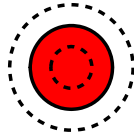
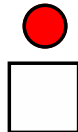
● Set aside for 30 mins to rest if you have time, or



start cooking straight away.



● Wipe the frying pan with some oiled kitchen paper



● Put the frying pan over a medium heat



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● When hot, cook your pancakes for 1 min on each



side until golden