

Mad Food Science Pancake Shake Mix



Fun Food Experiments with Belinda Smith.

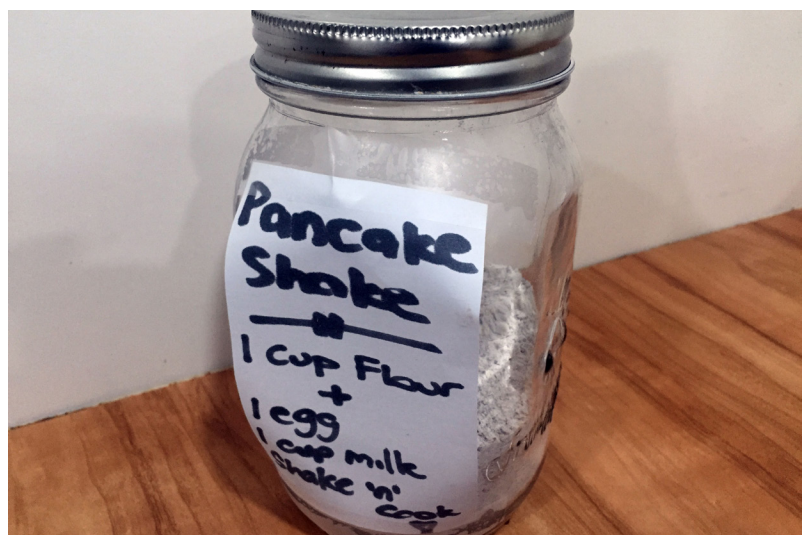
Pancakes are a fantastic breakfast alternative, great for the lunchbox or for afternoon tea. You can top them with sweet or savoury toppings depending on how you're feeling. In this Mad Food Science experiment, you will create your Pancake Shake Mix, then make your own pancakes or pikelets.

Experiment Overview

Create your own pancake shake mix for a quick go-to breakfast, for your lunchbox or afternoon tea. Then make your pancakes and eat them too.

Preparations

- 1 large glass jar with lid
- large label or piece of paper to make one
- a pen or marker
- Wholemeal Plain flour, baking powder, egg, milk
- frying pan, preferably non stick
- Observations Record (attached)



Have the shake pancake mix ready in your pantry

Method

1. Write your predictions about this experiment on the Observation Record
2. Place 1 cup of plain flour and 1 tspn of baking powder into the jar, and shake. Add a label saying, add 1 egg, 1 cup of milk and shake before cooking. This is the start of your shake mix.
3. Photograph your shake mix and fill in your observations record
4. To make your pancakes, use the cooking instructions over to cook your pancakes. Photograph your pancakes, and fill in the Observation Record
5. Submit your Observations and photographs to belinda@therootcause.com.au

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Pancake Shake Cooking Instructions



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Finish your pancake shake mix

1. Grab your pancake shake mix
2. Add 1 egg
3. Add 1 cup of milk.
4. Shake like mad. You may need to give the bottom of the jar a stir to ensure all the flour is mixed in

This is now called your pancake batter. It should not be too runny but not too thick either.

Cooking your pancakes / pikelets

Just to be totally clear, pancakes are larger (pan size), pikelets are smaller.

1. Heat a frying pan over high heat (grease the pan if its not non-stick). Splash a few drops of water into the pan - if it sizzles, it means it's ready to cook
2. Pour a small amounts into the pan to make the pikelets - about 8cm in diameter. I use an icecream scoop to ensure consistent sizing of the pikelets. To make pancakes, I use a 1/3 cup measure.
3. Turn heat down a little. The pancakes /pikelets bubble and pop. Flip it over and cook the other side
4. All to cool on a plate
5. Choose your topping to add sweetness or a savoury flavour. Some ideas are banana and honey, banana and peanut butter, peanut butter and rice malt syrup, cream cheese and corn, avocado and bacon, tomato and cheese. With the pancakes, you can even roll them up and cut them into sushi pieces.



Pikelets - Be creative with your toppings

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Pancake Shake Observations



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Your Name: _____ Age: _____

Experiment Start Date: ____/____/____

Your Predictions

1. Write the number of ingredients you think a store bought pancake shake mix has _____
2. Do you think it will be easy or hard to make your own pancake shake mix, and why?

Your Observations

1. Make your pancake shake mix and photograph it
2. Circle - Do you think that was easy or hard? **Easy** or **Hard**
3. What degree of difficulty do you think there was in completing making the shake mix in preparation for cooking? **Easy** **A bit tricky** **Hard**
4. Explain how you felt making your own pancakes from scratch. Include a photograph too.

5. Research either online (eg. coles online) or visit a supermarket and count the number of ingredients in a pancake shake mix. How many are there, and how does this compare to the ones you've just made?

Please use additional paper if you need more space

Be sure to return your Mad Food Science Experiment Observations to
belinda@therootcause.com.au

