

Get ready for
Pancake Day



Bonne Maman®

We all love pancake day.
It's a messy and fun occasion that
brings the whole family together,
with everyone flipping pancakes and
topping them with delicious different
jams and spreads.

But why wait until the big day?
Get ready for pancake day now
- we'll show you how!

*We all love
pancake day...*

In France, the special day
for crêpes is **La Chandeleur**
on 2nd February.

A great excuse for some
pancake day practice...





When is Pancake Day?

The date of pancake day changes from one year to the next.

It can fall as early as 3rd February and as late as 9th March – which gives us a 5 week pancake season every year!

The whole world loves a pancake...

In Austria they have Kaiserschmarrn, across Eastern Europe it's Blinis and in Indonesia it's Serabi.

In France, it's all about the crêpe - thin, almost lace-like.

Kaiserschmarrn



Serabi



Blinis



Crêpes



Churros



Beignets



Whatever the name, they're all flour, milk and eggs, whisked and cooked fast.

So pick your favourite and get ready for pancake day.

Don't forget the beignets of Mardi Gras in New Orleans or the sweet churros at carnival in Rio...

...no matter the name.

Step-by-step to the perfect crêpe

Get ready – have a go at making crêpes the French way!



What you'll need:

- 125g plain flour
- Pinch of salt
- 1 tbsp caster sugar
- 2 free-range eggs, beaten
- 25g melted butter (or a little oil), plus extra for cooking
- 250ml semi-skimmed milk
- 3 tbsp cold water
- Sugar to dust

...and a small helper or two...

- 1 Put flour, salt and sugar in a mixing bowl, make a well and add the eggs. You can add a splash of beer to make your pancakes lighter! Stir with a balloon whisk then slowly whisk in the melted butter, milk and water – increasing speed until you have a batter about the consistency of single cream.

- 2 Next, heat a non-stick frying pan over a medium heat, drizzle in a teaspoon of melted butter or oil and wipe it over the base with kitchen paper.

- 3 Pour a small ladleful of batter into the pan, swirling to coat the base evenly in a thin layer. Cook until the underside is golden, then flip and cook on the other side for a minute or so. Remove to a warm plate and repeat.

- 4 Stack the crêpes in layers of baking parchment as you go. Keep them warm in a low oven... then enjoy!

Mix a pancake,
Stir a pancake,
Pour it in a pan.

Fry a pancake,
Toss a pancake,
Catch it if you can!



Q: Why are dolphins great at making pancakes?



A: Because they are great flippers!



Get ready, set, GO! Aside from the eating, the most exciting part of cooking crêpes is tossing them!

Toss you for it



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1. A non-stick pan is a must – add a little oil and wipe around the pan. Let the pancake cook so it simply slides around the pan when you give it a shake.

2. Now, tilt the pan away from you so the crêpe curls slightly over the edge.

3. Ready, steady and... flick the pan upwards in a short, sharp movement just using your wrist – anything stronger and the pancake's on the ceiling!



Challenge

Traditionally in France you should hold a coin in your other hand to ensure good luck for the coming year! Can you master the one hand flip?

The world record is 140 flips in 60 seconds!

Half-term happiness

Get ready for pancake day and have some creative fun with the children...

Is that Dad??!!



Ooh la la,
- flower power!



Who's that with
the blueberry hair?



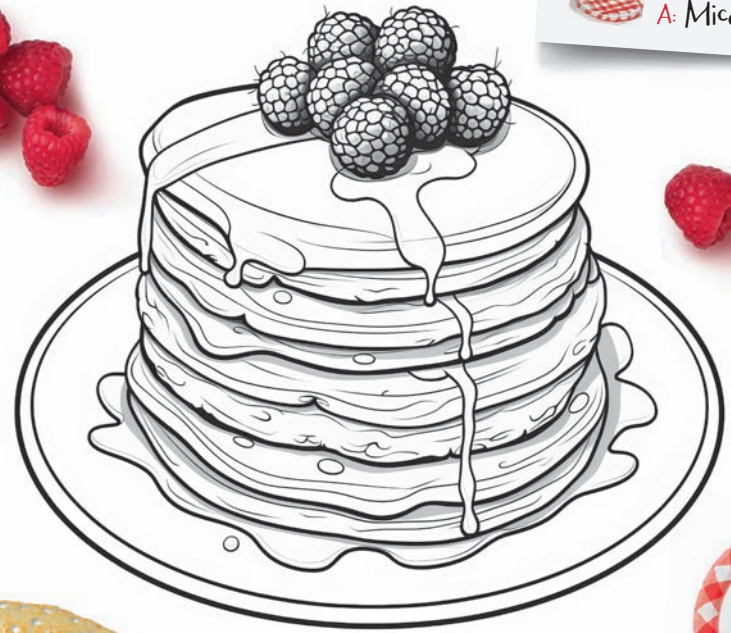
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Q: What do cats put
on their crêpes?

5, 4, 3, 2, 1
- lift off!!





 A: Mice cream!

Playtime

Get the children ready for pancake day with these fun activities...

Can you find your way to the jammy centre of the pancake?

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Colour your crêpe...



Throw a pancake party!

Pile the crêpes high, lay out loads of spoons and plenty of toppings and ENJOY...

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Q: What do lorry drivers put on their pancakes?

Share the love...

Pancakes aren't just for Pancake Day! Try heart-shaped pancakes on Valentine's Day. You may be an owner of a Bonne Maman heart-shaped pan.



Cook with love and spread with your favourite toppings. Or stack high into a glorious pancake cake, and layer with your favourite delicious spreads.

All for that special person - or people - in your life.

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...stack them high!



A: Traffic jam!

Pancakes - you animal!

Ladybirds, butterflies, bears or bunnies -
half-term's the time to go WILD...

From the home of the oldest British pancake day race...

The village of Olney in Buckinghamshire holds a Pancake Day race every year – a tradition over 500 years old.



The women of Olney don't just compete against one another; since 1950 they also run against the women of Liberal in Kansas, USA!

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...to Brittany, the home of the French crêpe.

Brittany – birth place of crêpes also known for its savoury buckwheat crêpes known Galette-Saucisse.

In market squares, cafés and restaurants across the region, crêpes are an everyday treat.



Ready with your
favourite toppings?





Share your pancake creations!

Win a pancake party hamper!
Share your pancake creations
with us on Instagram or Facebook
and tag @bonnemaman_uk



Winners will be chosen at random each
week. Head to bonnemaman.co.uk
to see how everyone else is getting
ready for pancake day!

T&C's apply www.bonnemaman.co.uk/mybonnemamanpancake Ends 6th March 2025.

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Gone!

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