

Pancake Day

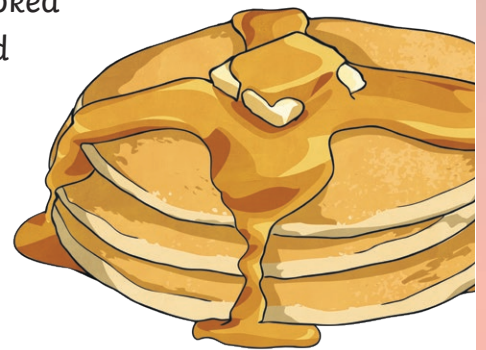
Pancake Day is a Christian festival, which is also known as Shrove Tuesday. It has been celebrated by Christian people for over 1000 years. Traditionally, people celebrate by making and eating pancakes. Pancake Day marks the start of Lent which refers to the 40 days before Easter. Shrove Tuesday is the last chance to indulge in a treat by using up creamy, rich foods, such as fat, butter and eggs before Lent begins. During Lent, Christian people 'abstain', which means that they give up treats and luxuries. They believe it helps them to focus on Jesus and to remember the sacrifice that he made by dying on the cross. 'Shrove' means 'shriven' or to be forgiven for doing wrong.



In the United Kingdom, there are lots of traditions linked to Pancake Day.

Northern Ireland

Historically in Northern Ireland, pancakes were cooked over a fire. Families and friends would gather around to enjoy the food. The eldest unmarried daughter of the family would toss the first pancake. If she tossed it and it landed back in the pan, legend had it that she would be married that year; if it did not turn over or if she dropped it, she would stay unmarried.



Wales

In some parts of 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 are thicker than traditional pancakes and are also known as 'ffroes'. Traditionally, they were cooked on a cast iron bake stone, griddle or 'planc'.

Scotland

Scottish pancakes are smaller and thicker than traditional pancakes. They are called 'drop scones' or 'dropped scones' because the batter is dropped into a pan of hot oil.

England

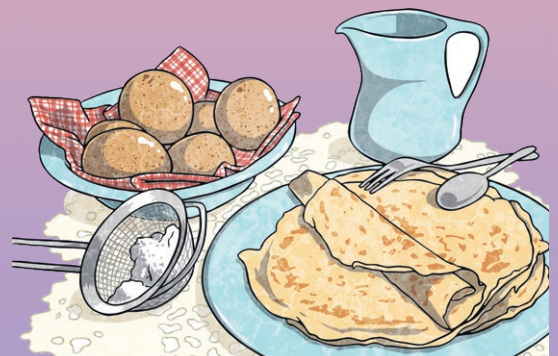
A famous pancake race takes place in Olney, Buckinghamshire. Legend has it that in 1445 a woman heard the church bells ringing as she was making pancakes. Rather than be late, she ran to church still holding the frying pan and pancake. Today, you can take part in the race, wearing an apron, a hat or scarf and carrying a pan containing a pancake. You must flip your pancakes three times during the race. The winner of the race is the first person to cross the finish line at the church and receive a kiss from the verger, who is a church official.

Christians around the world celebrate Pancake Day in different ways.

| | |
|----------------------------|--|
| France, America and Brazil | 'Mardi Gras' or 'Fat Tuesday' carnival. |
| Sweden | 'Fettsdagen'. A pastry called semla is eaten. |
| Iceland | 'Sprengidagur' or 'Day of Bursting'. Salted meat and peas are eaten. |
| Finland | Green pea soup and pastries are eaten. |
| Greece | 'Apocreas' or 'from the meat'. Many Christian people in Greece give up meat during Lent. |

Pancake Facts

- On Pancake Day, an estimated 52 million eggs are eaten.
- The world record for the most pancake flips in two minutes is 349.
- The largest pancake made was 15m wide and weighed 3000kg.



Questions

1. What is a verger? Tick one.

- ☐ a type of pancake
- ☐ a church official
- ☐ a carnival
- ☐ a race

2. What do some people in Greece give up at Lent? Tick one.

- ☐ sweets
- ☐ chocolates
- ☐ soup
- ☐ meat

3. How many flips would you have to do to beat the world record?

4. Find and copy a word that shows that people spoil themselves on Shrove Tuesday.

5. How long does Lent last for?

6. Explain in your own words why Christian people 'abstain' during Lent. Explain fully using evidence from the text to support your answer.

7. Explain in your own words what you think the word 'shrive' means? Explain fully using evidence from the text to support your answer.

8. Explain why you think Pancake Day is known as the 'Day of Bursting' in Iceland?

Answers

1. What is a verger? Tick one.

- ☐ a type of pancake
- ☒ **a church official**
- ☐ a carnival
- ☐ a race

2. What do some people in Greece give up at Lent? Tick one.

- ☐ sweets
- ☐ chocolates
- ☐ soup
- ☒ **meat**

3. How many flips would you have to do to beat the world record?

You would have to do 350 flips to beat the world record.

4. Find and copy a word that shows that people spoil themselves on Shrove Tuesday.

indulge

5. How long does Lent last for?

Lent lasts for 40 days.

6. Explain in your own words why Christian people 'abstain' during Lent. Explain fully using evidence from the text to support your answer.

Pupils' own responses, such as: I think Christian people abstain during Lent because it says in the text that it means to give up treats and luxuries. They do this to remind them of the sacrifice that Jesus when he died on the cross.

7. Explain in your own words what you think the word 'shrive' means? Explain fully using evidence from the text to support your answer.

Pupils' own responses, such as: The word 'shrive' means to forgive because it says in the text that 'shriven' means to be forgiven.

8. Explain why you think Pancake Day is known as the 'Day of Bursting' in Iceland?

Pupils' own responses, such as: I think Pancake Day is known as the 'Day of Bursting' because it is a time when people indulge in lots of rich and delicious foods before giving them up for Lent. People eat a lot and may feel like they are going to burst!

Pancake Day

Pancake Day, which is also known as Shrove Tuesday, is a Christian festival that has been celebrated by Christian people for over 1000 years. Traditionally, people celebrate by making pancakes. Shrove (which means 'forgiven') Tuesday is the last chance to indulge in a treat before Lent begins by using up rich food, such as fat, butter and eggs. Lent is a time when Christian people abstain from eating luxurious foods in order to help them focus on Jesus and the sacrifice that he made by dying on the cross.



Across the United Kingdom, there are different traditions associated with Pancake Day.

In Northern Ireland, pancakes used to be cooked over an open fire whilst families and friends gathered together. The eldest unmarried daughter of the family would toss the first pancake. If she tossed it successfully, it was believed that she would get married that year. However, if it did not turn over or if she dropped it, it was believed that she would remain unmarried.

In some parts of 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 food that was forbidden during Lent. Crempogs, also known as 'ffroes', are thicker than traditional pancakes. Traditionally, they were cooked on a cast iron bake stone, griddle or 'planc'.

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



In Buckinghamshire, England, a famous pancake race takes place every year. 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, people take part in the race wearing an apron, hat or scarf carrying a pan containing a pancake. Pancakes must be flipped three times during the race and the winner is the first person to cross the finish line, serve their pancake and kiss the bell ringer at the church!

Pancake Day Around the World

Christian people all over the world celebrate Shrove Tuesday although the name and traditions vary from country to country.

In France, America and Brazil, Shrove Tuesday is known as 'Mardi Gras' or 'Fat Tuesday' carnival. In Sweden, it is called 'Fettsdagen' or also 'Fat Tuesday' and a pastry called semla is eaten rather than pancakes. The festival is called 'Sprengidagur' or 'Day of Bursting' in Iceland and people eat salted meat and peas in the lead up to Lent. Similarly, in Finland, green pea soup and pastry is eaten. 'Apocreas', meaning 'from the meat' is the Greek name for Shrove Tuesday and Christian people in Greece give up meat during Lent.

Pancake Recipe

Makes 12 pancakes.

Method

1. Put the flour, eggs, milk, oil and a pinch of salt into a bowl or large jug and whisk to make a smooth batter.
2. Set aside for 30 minutes to rest if you have time. Otherwise, start cooking straight away.
3. Wipe a medium frying pan with some oiled kitchen paper and put over a medium heat.
4. When hot, place a tablespoon of pancake mixture into the pan and cook for 1 minute on each side until golden. If you cannot toss your pancake, use a spatula to turn it instead.
5. Serve with lemon and caster sugar or a topping of your choice.

100g plain flour

2 large eggs

300ml milk

1 tbsp sunflower or vegetable oil, plus a little extra for frying.

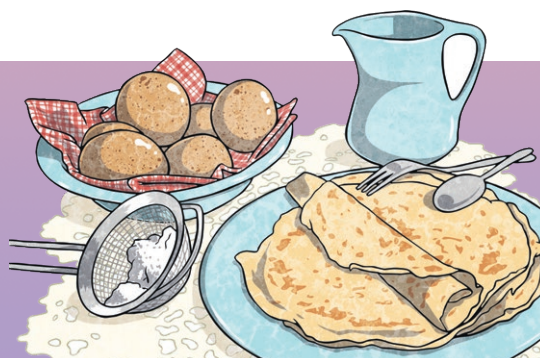
Pinch of salt

Lemon wedges, to serve (optional)

Caster sugar, to serve (optional)

Did You Know...?

The most tosses of a pancake in one minute is 140 and was achieved by Brad Jolly in Sydney, Australia on 21st February 2012.



Questions

1. What is a Welsh name for pancakes? Tick one.

- ☐ drop scones
- ☐ semla
- ☐ crempogs
- ☐ planc

2. How many eggs would you need to make 12 pancakes? Tick one.

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 6

3. What is the name of the period when Christian people reflect on and remember that Jesus died on the cross?

4. In what country is semla eaten instead of pancakes?

5. What can you use to help you turn the pancake if you are not able to toss it?

6. Explain in your own words why people in Buckinghamshire take part in a race carrying a pancake in a frying pan. Use evidence from the text to support your answer.

7. Explain why you think that Shrove Tuesday is known as the 'Day of Bursting' in Iceland?

8. Why do you think that the word 'optional' is used after lemon wedges and caster sugar in the ingredients list. Explain fully.

9. What would you need to do to achieve a new world record? Explain fully.

Answers

1. What is a Welsh name for pancakes? Tick one.

- ☐ drop scones
- ☐ semla
- ☒ **crempogs**
- ☐ planc

2. How many eggs would you need to make 12 pancakes? Tick one.

- ☐ 1
- ☒ **2**
- ☐ 3
- ☐ 6

3. What is the name of the period when Christian people reflect and remember that Jesus died on the cross?

The period when Christian people reflect and remember Jesus is called Lent.

4. In what country is semla eaten instead of pancakes?

Sweden

5. What can you use to help you turn the pancake if you are not able to toss it?

You can use a spatula to help you turn a pancake.

6. Explain in your own words why people in Buckinghamshire take part in a race carrying a pancake in a frying pan. Use evidence from the text to support your answer.

Pupils' own responses, such as: People in Buckinghamshire take part in a race carrying a pancake in a frying pan in memory of a legend from 1445. The legend says that a woman was making pancakes when she heard church bells ringing and because she did not want to be late, she ran to church with her frying pan and pancakes.

7. Explain why you think that Shrove Tuesday is known as the 'Day of Bursting' in Iceland?

Pupils' own responses, such as: I think that Shrove Tuesday is known as the 'Day of Bursting' in Iceland because it is a day when people eat lots of rich foods, such as pancakes and people eat so much they may feel like they are going to burst!

8. Why do you think that the word 'optional' is used after lemon wedges and caster sugar in the ingredients list. Explain fully.

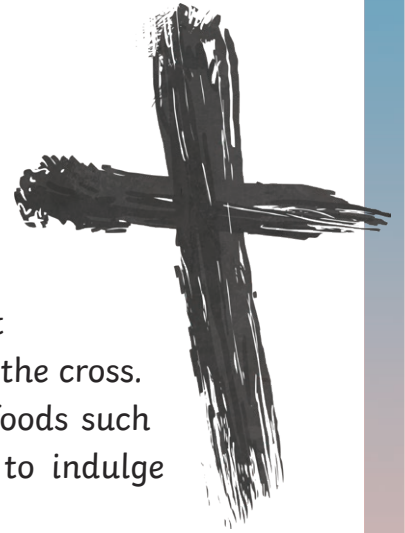
Pupils' own responses, such as: I think that the word 'optional' is used after lemon wedges and caster sugar because you do not have to use them to make pancakes. The other ingredients are essential for making pancakes whereas lemon and caster sugar are two ingredients that are traditionally used to serve with pancakes but you could use other toppings instead.

9. What would you need to do to achieve a new world record? Explain fully.

Pupils' own responses, such as: To achieve a new world record, I would need to toss a pancake more than 140 times in one minute because this is what Brad Jolly from Sydney did on 21st February 2012.

Pancake Day

Pancake Day (also known as Shrove Tuesday), is a Christian festival that has been celebrated by Christian people for over 1000 years. Shrove Tuesday is the last day before Ash Wednesday; the start of Lent. Lent is a time when Christians prepare themselves to fast or deny themselves certain indulgent foods in the six weeks before Easter so that they can focus on the sacrifice that Jesus made by dying on the cross. Therefore, to remove temptation, people use up perishable foods such as butter and eggs by making pancakes, the last chance to indulge before a period of abstinence and self-restraint.



A pancake is a thin, flat cake made of batter and is fried in a frying pan. Lemon juice and caster sugar are traditional toppings although more elaborate combinations such as fruit and chocolate sauce are popular today.

The pancake is referenced in cookery books as far back as 1439 and the tradition of tossing them is almost as old. It is referred to in a text by Pasquil in 1619 and reads, 'And every man and maide doe take their turne, And tosse their pancakes up for feare they burne.'



The ingredients for pancakes are thought to symbolise different things such as:

Eggs – creation/new life;

Flour – the staff of life;

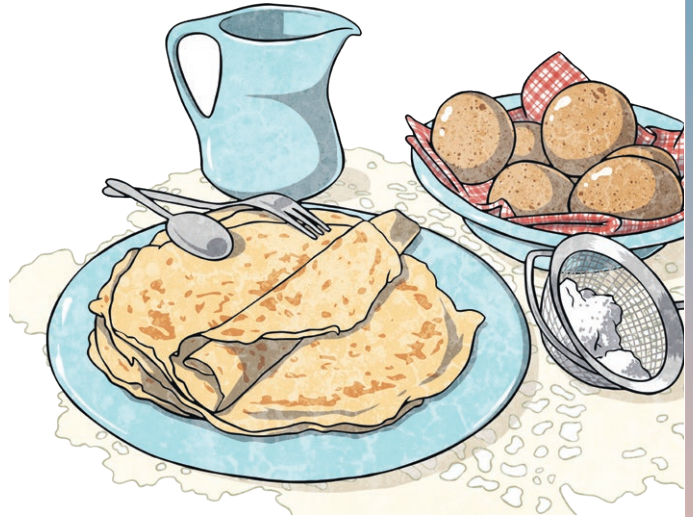
Salt – wholesomeness;

Milk – purity.

Although it is celebrated by Christian people across the world, there are different names, traditions and stories associated with Shrove Tuesday. In Northern Ireland, the flipping of pancakes used to hold particular significance for the eldest unmarried daughter of a family who would toss the first pancake. If it landed back in the pan, it was believed that she would marry later that year. However, if the pancake did not turn over or if she dropped it, it was believed that she would remain unmarried that year.

In some parts of Wales, on the evening before Shrove Tuesday, tin cans were kicked up and down the streets to remind residents to put away all the pots, pans and utensils used to make the food that was prohibited during Lent.

In Buckinghamshire, England, a famous pancake race takes place every year. Legend has it that in 1445, a woman heard the church bells ringing as she was making pancakes. So as not to be late, she ran to church still holding the frying pan and pancake. Today, people take part in the race wearing an apron, hat or scarf carrying a pan containing a pancake. Pancakes must be flipped three times during the race and the winner is the first person to cross the finish line, serve their pancake and kiss the bell ringer.



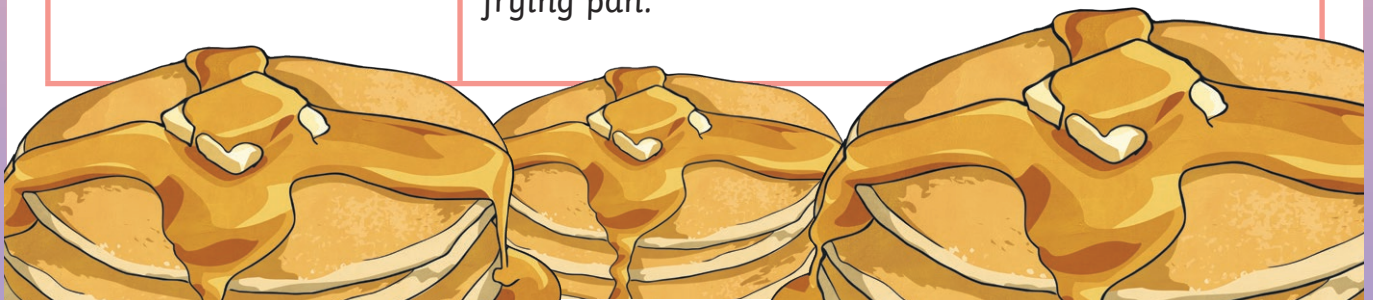
In some parts of the world, savoury food is eaten as opposed to sweet pancakes. For example, at 'Apocreas' (meaning 'from the meat'), Greek people use up meat products before abstaining from these during Lent. In Iceland, people eat salted meat and peas and the day is called 'Sprengdagur' or 'Day of Bursting.'

The main ingredients for pancakes are flour, milk, eggs and butter (or more recently, oil). Therefore, the consumption of these products on the lead up to Shrove Tuesday rises considerably. It is estimated that in Britain, people consume 52 million eggs on Pancake Day, which is 22 million more than any other day. Another surprising estimation is that around 117 million pancakes are eaten on Pancake Day, which requires enough milk to fill more than 93 Olympic swimming pools and almost 13 million kilograms of plain flour.



There are many world records associated with pancakes, such as the most number of tosses and the highest stack of pancakes.

| Record | Details |
|-------------------------------------|---|
| Tallest stack of pancakes | 8 th February 2016 - the tallest stack of pancakes is 101.8cm and consists of 213 pancakes. |
| Most people tossing pancakes | 15 th February 2012 - the most people tossing pancakes is 890. 930 participants attended but 40 were disqualified for dropping their pancakes. |
| Highest pancake toss | 13 th November 2010 - the highest pancake toss was measured at 9.47m and was tossed by Dominic Cuzzacrea in the USA. |
| Largest pancake | 13 th August 1994 - the largest pancake measured 15.01m in diameter and 2.5cm in depth and was made in Greater Manchester, UK. |
| Fastest marathon flipping a pancake | 24 th October 1999 - Mike Cuzzacrea completed a marathon in the USA in 3 hours, 2 minutes and 27 seconds whilst continuously flipping a pancake in a frying pan. |



Questions

1. How thick was the largest pancake ever made? Tick one.

- ☐ 15m
- ☐ 9.47m
- ☐ 101.8cm
- ☐ 2.5cm

2. How many eggs are estimated to be used in Britain on any day other than Shrove Tuesday? Tick one.

- ☐ 52 million
- ☐ 93 million
- ☐ 30 million
- ☐ 22 million

3. What is the day after Shrove Tuesday called?

4. Find and copy a word that shows that Christian people refrain from eating certain foods during Lent.

5. Find and copy a word that means 'forbidden'.

6. Explain why you think Christian people fast during Lent.

7. Explain why you think eggs are a symbol of creation and new life.

8. Explain one way in which Shrove Tuesday is celebrated differently in another country compared to the United Kingdom. Use evidence from the text to support your answer.

9. Explain what industries you think benefit each year from Shrove Tuesday. Use evidence from the text to support your answer.

10. Explain how the world records for the highest pancake toss and the fastest marathon flipping a pancake are linked.

Answers

1. How thick was the largest pancake ever made? Tick **one**.

- ☐ 15m
- ☐ 9.47m
- ☐ 101.8cm
- ☒ **2.5cm**

2. How many eggs are estimated to be used in Britain on any day other than Shrove Tuesday? Tick one.

- ☐ 52 million
- ☐ 93 million
- ☒ **30 million**
- ☐ 22 million

3. What is the day after Shrove Tuesday called?

The day after Shrove Tuesday is called Ash Wednesday.

4. Find and copy a word that shows that Christian people refrain from eating certain foods during Lent.

abstinence

5. Find and copy a word that means 'forbidden'.

prohibited

6. Explain why you think Christian people fast during Lent.

Pupils' own responses, such as: I think that Christian people fast during Lent because it helps them to not get distracted and to focus on Jesus. He made a sacrifice by dying on the cross so Christian people might sacrifice eating delicious foods in order to remember and honour him.

7. Explain why you think eggs are a symbol of creation and new life.

Pupils' own responses, such as: I think that eggs are a symbol of creation and new life because chicks and other animals are born from eggs. At Easter, Christian people eat Easter eggs because they are a symbol of new life too.

8. Explain one way in which Shrove Tuesday is celebrated differently in another country compared to the United Kingdom. Use evidence from the text to support your answer.

Pupils' own responses, such as: Shrove Tuesday is celebrated differently in Greece than in the United Kingdom because in the UK, people eat sweet foods such as pancakes. However, in Greece, people use up savoury foods and then give up meat during Lent. They also call Shrove Tuesday 'Apocreas' which means 'from the meat'.

9. Explain what industries you think benefit each year from Shrove Tuesday. Use evidence from the text to support your answer.

Pupils' own responses, such as: I think that the egg and milk industries must benefit from Shrove Tuesday each year. This is because they are two of the main ingredients in pancakes and it says in the text that 117 million pancakes are eaten on Pancake Day which require a large amount of eggs and milk.

10. Explain how the world records for the highest pancake toss and the fastest marathon flipping a pancake are linked.

Pupils' own responses, such as: The world records are linked because they were both achieved by men with the surname Cuzzacrea. This would suggest that perhaps Dominic and Mike are brothers who both spent a lot of time tossing pancakes as children.