



Raby Castle Pancake Stack

Recipe by Estate Chef Tom Parry



Preparation time

Less than 15 mins

Cooking time

15 mins

Serves

Makes enough for two people

Ingredients

- 2 Large free-range eggs, separated
- 25g Caster sugar
- 2g Vanilla essence
- 30ml Milk
- 15g Self-raising flour
- 5g Vegetable oil

To serve

- Whipped Cream
- Maple Syrup
- Strawberries

Method

1. Whisk the egg whites in a clean bowl with 1 tbsp of caster sugar, using an electric whisk or a stand mixer to form stiff peaks.
2. Beat the egg yolks, 1 tbsp caster sugar and vanilla together in a separate bowl until pale and foamy, and a ribbon trail is left on the surface when the beaters are removed. Gently fold in the milk and flour until just incorporated.
3. Fold the egg whites into the egg yolk mixture and gently turn the batter over to mix together, using the side of a metal spoon or spatula to keep all the air in the mixture.

4. Working quickly, heat a large non-stick frying pan with a lid over a very low heat. Drizzle a little oil into the pan, then wipe it with a piece of kitchen roll – you only want a small film on the base of the pan. Make three tall pancakes by piling three spoons full of the batter into the pan, using about two thirds of the mixture. Keep them piled quite high, do not tip the pan or spread them out like you would normally do with thinner pancakes. Cover with a lid and cook for 2-4 mins, the steam will help them set. Remove the lid and add another dollop of batter to each pancake, this will create the classic height and thickness. Return the lid and cook for another 4-6 mins until the top feels slightly set.
5. Add whipped cream, maple syrup and strawberry to create an indulgent and memorable Shrove Tuesday.

Raby Pancake Recipe and History

During lockdown Raby Castle's fantastic volunteers have been helping to transcribe some of our archive manuscripts ... and look what we found especially for Shrove Tuesday! Here this 1770s recipe for pancakes is quite different to the more usual French-style crêpe or the fluffy American pancake, separating the whites from the yolks and using water rather than milk. We'd love to see pictures of the results if anyone tries this recipe at home.

Pancakes

Take four eggs for three pancakes, so in proportion to the quantity you want. Cast your whites on a dish until they rise to a snow, then cast your yolks in the bowl you mean to make your pancakes in with a little salt. Then mix in your snow with your yolks, then mix it with water to a proper thickness. Then mix your whites and stir it all together. Try not to break the whites too much. Then butter your frying pan well and do one side in the pan, fold the other before the rise until it rises well.

