

Yusuhara a Home from Home: 16. Pancake Day!

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Pancake day, more traditionally known as Shrove Tuesday is an annual event in the U.K where people up and down the country will eat pancakes. Like many events/festivals in the U.K this has its bases in religion. Pancake day has no fixed date as it always falls 47 days before Easter Sunday. It is a traditional feast the day before the start of Lent which is a period of fasting. During this fasting period people would refrain from eating certain types of food. So pancakes were a convenient and delicious way to use up perishable ingredients such as: eggs, flour and fat.

While you may be more familiar with the American style pancakes, in the UK we typically make the French variety known Crêpes. It is traditional to flip the pancake in the air while cooking. These are eaten immediately so they are still hot. There are many different toppings to enjoy such as jam, chocolate spread, fruit and cream or a more traditional sugar and lemon juice.

Making pancakes is not a common thing in the UK so pancake day is the one day a year most people will make one. Pancake day this year is on March 1st. Will you be making any pancakes this year? I know I will.



A traditional serving of pancakes with sugar and lemon juice.