

## **PANCAKE DAY 2013 — 12 February**

**Shrove Tuesday** (also known as **Pancake Tuesday**, **Pancake Day**, **Mardi Gras**, and Fat Tuesday) is the day preceding Ash Wednesday, the first day of Lent. Shrove Tuesday is linked to Easter, so its date changes on an annual basis.

The word *shrove* is the past tense of the English verb *shrive*, which means to obtain absolution for one's sins by way of Confession and doing penance. Thus Shrove Tuesday gets its name from the custom for Christians to be "shriven" before the start of Lent. Shrove Tuesday is the last day of "shrovetide", somewhat analogous to the Carnival tradition that developed separately in countries of Latin Europe.

Pancakes are associated with the day preceding Lent because they were a way to use up rich foods such as eggs, milk, and sugar, before the fasting season of the 40 days of Lent. The liturgical fasting emphasized eating plainer food and refraining from food that would give pleasure: In many cultures, this means no meat, dairy, or eggs.

In Canada, Australia, the United Kingdom, Ireland and New Zealand among Anglicans, Lutherans, some other Protestant denominations, including ethnic British communities, as well as Catholics, this day is also known as **Pancake Day**, as it is customary to eat pancakes as a dessert. In the United Kingdom, Shrove Tuesday is observed as a tradition.

Shrove Tuesday was once known as a "half-holiday" in England. It started at 11:00am with the ringing of a church bell. On Pancake Day, *pancake races* are held in villages and towns across the United Kingdom. The tradition is said to have originated when a housewife from Olney was so busy making pancakes that she forgot the time until she heard the church bells ringing for the service. She raced out of the house to church while still carrying her frying pan and pancake. The pancake race remains a relatively common festive tradition in the UK, and England in particular, even today. Participants with frying pans race through the streets tossing pancakes into the air, catching them in the pan whilst running.

[www.wikipedia.org](http://www.wikipedia.org)

## **PANCAKE RACE**

<http://www.youtube.com/watch?v=jlo3yuhOSII>



## PANCAKE-RECIPE

<http://www.london-unattached.com/2013/02/the-perfect-pancake-recipe/>

The Perfect Pancake

FEBRUARY 5, 2013 BY FIONA MACLEAN 6 COMMENTS

### The Perfect Pancake for Shrove Tuesday or should that be Sardines?

I've been practising my pancakes looking for the perfect pancake recipe. It doesn't take much to get me battering up and making them. Savoury pancakes are delicious and the method and recipe is very easy. One of the dishes I survived on through University, pancakes are very frugal and you can make the batter up with a few basic ingredients you probably already have in the store cupboard and add whatever filling you happen to have to hand. One egg, and a small amount of milk and flour will make four pancakes to fill with something savoury or dessert for 2 people topped with something sweet!

<http://www.youtube.com/watch?v=PnCVZozHTG8>



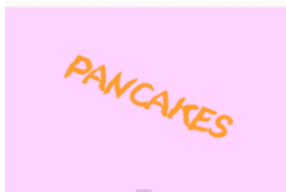
## THE COOKIE CARNIVAL – SILLY SYMPHONY DISNEY

<http://www.youtube.com/watch?v=SRB2YIQOSBI>



## PANCAKE SONG FOR KIDS

<http://www.youtube.com/watch?v=iSXPjBRisj>



<http://www.youtube.com/watch?v=SCuWr-sH3bw>



<http://www.youtube.com/watch?v=ngIRlgpcfQ4>



Pancake Day. The lyrics are:

Little pancake, cooking in the pan.

When you're done, I'll toss you to (insert name).