

Parent Guide



@twinklparents

We're excited to share this activity with you. If you are interested in finding more exciting, fun and interesting activities for you and your children, then check out these links to different areas of the [Twinkl Parents](#) website.

games



crafts



puzzles



experiments



word searches



What is this resource and how do I use it?

Shrove Tuesday is celebrated around the world. In some countries, it has other names and people in these countries might eat different foods. This resource contains several Shrove Tuesday recipes from around the world for you to try.

What skills does this practise?

Recipes

Shrove Tuesday

Following Instructions

Further Activity Ideas and Suggestions

For more pancake recipes, check out our designated area [here](#). You can also find more generic resources to use this [Pancake Day](#) here, such as this [Pancake Day Party Bunting](#) or this [Whose Pancake? Logic Puzzle \(5-7\)](#).

Parents Blog



Twinkl Kids' TV

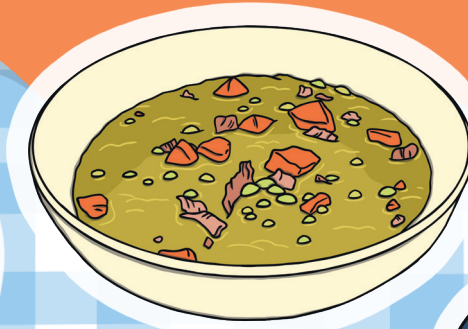


Homework Help



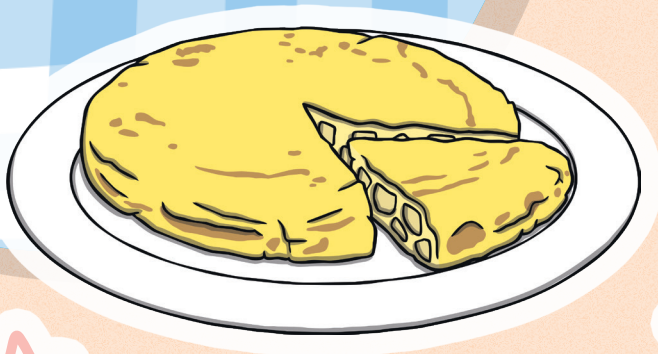
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Parents Hub



Shrove Tuesday

Recipes from Around the World



Pancakes



Ingredients

100g plain flour
2 large fresh eggs
300ml milk
pinch of salt
vegetable oil

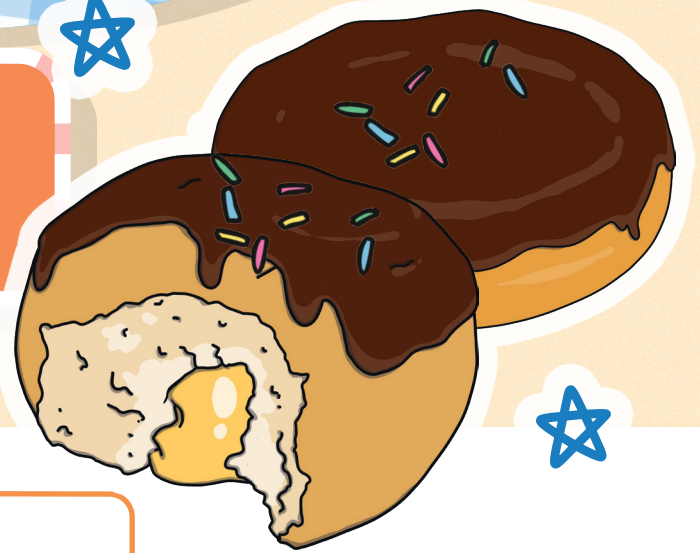
Equipment

sieve
large mixing bowl
small jug
whisk or fork
mixing spoon
medium frying pan
large spoon or ladle
spatula
tin foil

Method

1. Sieve the flour into the large mixing bowl.
2. Crack the eggs into a small jug and whisk.
3. Add the milk, salt and eggs to the flour and whisk until smooth. (If you have time, set your batter aside for about 30 minutes.)
4. Heat up a teaspoon of oil in the pan on a medium heat.
5. Once the pan is hot, spoon some of the batter into the pan.
6. Tilt the pan to spread the batter evenly to form a pancake shape. Cook for about a minute until the bottom is golden.
7. Turn the pancake over with a spatula (or flip) to cook the other side.
8. Keep the pancakes warm by wrapping in some tinfoil or on a plate in a low-heated oven until ready to serve.
9. Repeat steps 4 to 8 until you have used all the batter.

Fastelavnsboller



Ingredients

Dough

- 13g dried/active dry yeast or 25g fresh yeast
- 250ml whole milk (heated to 36–37°C)
- 100g butter (melted and cooled slightly)
- 40g granulated sugar
- 400-500g strong white bread flour
- 1 tsp baking powder
- 2 tsp ground cardamom
- 1 tsp salt
- 1 egg (beaten)
- egg for brushing

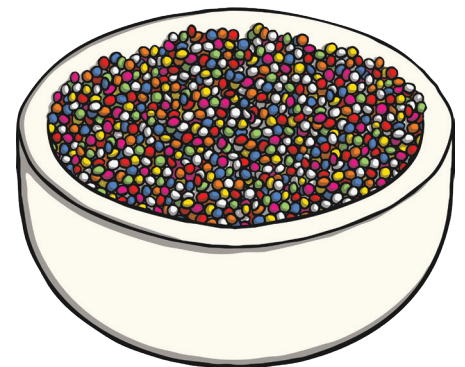
Filling

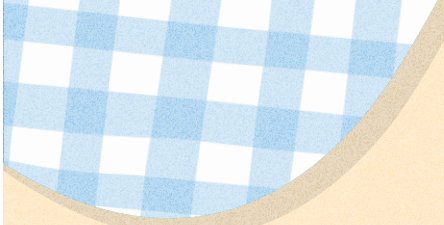
- 500ml whole milk
- 1 vanilla pod
- 2 eggs
- 1 egg yolk
- 100g caster sugar
- 30g cornflour
- 25g butter

Topping

- 150g icing sugar
- hot water
- 50g dark chocolate (melted)
- sprinkles

In Denmark, Fastelavn is traditionally celebrated to mark the end of winter and the coming of Lent. Fastelavn takes place on the last Sunday before Lent. On this day, people wear costumes and eat sweet treats such as fastelavnsboller.





Method

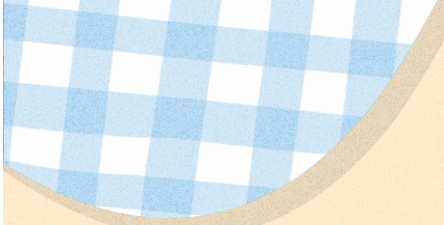
To make the pastry cream:

1. Add the milk to a saucepan with the vanilla pod and bring to the boil.
2. Use a food mixer to whisk the sugar, eggs and cornflour together.
3. Pour a third of the hot milk into the egg mixture, then pour the whole of the egg mixture back into the saucepan. Bring back to the boil, stirring continuously so it doesn't burn. It needs to be at boiling point to thicken (around 30 secs).
4. Take off the heat, add the butter and stir. Transfer it to a different bowl and leave to cool and set.

To make the pastries:

5. If using fresh yeast, add the warm milk to a mixing bowl and add the yeast. Stir until the yeast is dissolved and then pour into the food mixer.
6. If using dry active yeast, pour the warm milk into a bowl, sprinkle in the yeast and whisk together. Cover with cling film and leave in a warm place for about 15 minutes until it becomes bubbly. Pour the mixture into the bowl of a food mixer fitted with a dough hook and slowly add the melted butter. Allow to combine with the yeast for around one minute, then add the sugar. Leave for a further minute.
7. In a separate bowl, mix the flour, cardamom and salt together.
8. Add the flour and spices to the milk mixture. Then, add the beaten egg and knead for five minutes. The mixture should be slightly (but not too) sticky. Add more flour if needed. It is better not to add too much flour as this will result in dry buns. You can always add more later if needed.
9. Leave the dough in a bowl and cover with a dish towel or cling film. Leave to rise for around 30 minutes or until it has doubled in size.



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10. Dust a tabletop with flour and turn out the dough. Knead the dough and add more flour if needed. Roll out the dough to a 30 x 40cm rectangle (approx) using a rolling pin. Cut the dough into 12 equal squares.
 11. On each square, add a good tablespoon of pastry cream. Gather the corners together on top, then slowly gather the sides to ensure the pastry cream stays inside the bun and won't seep out during baking.
 12. When the bun is completely closed, turn it over and place it on a lined baking tray, seam side down. Leave to rise for a further 20-25 minutes.
 13. Preheat the oven to 200°C.
 14. Brush the buns with egg and put them in the oven. Bake for 10-12 minutes or until golden and baked through, then take out and leave to cool.

To make the icing:

15. Melt the chocolate slowly, being careful not to burn it.
16. Mix the icing sugar with a tablespoon of hot water until you have a thick, smooth mixture.
17. Add the icing sugar mixture to the melted chocolate and stir until smooth, then set aside to cool.
18. Top each bun with chocolate icing and add sprinkles.



Potato Pancakes

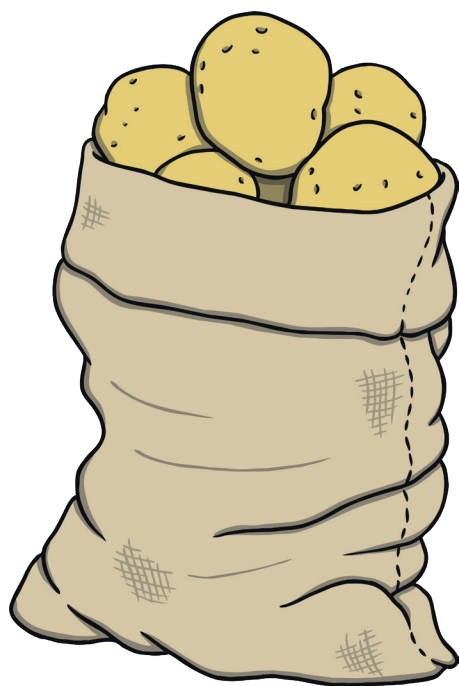


Ingredients

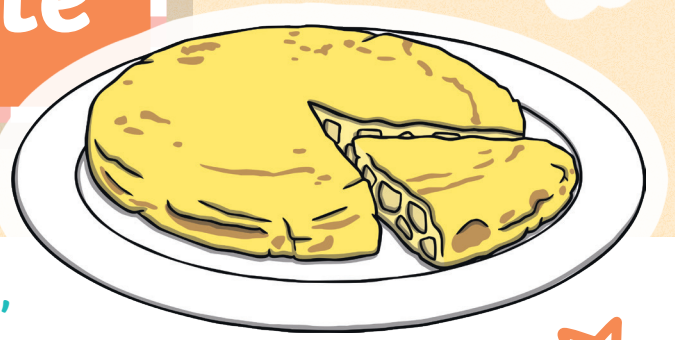
- 800g potatoes
- 1 large egg
- salt
- vegetable, sunflower or rapeseed oil
- sour cream

Method

1. Peel the potatoes and dab with a paper towel to remove any excess moisture.
2. Grate the potatoes using the zester side of the grater. Remove any excess liquid if any forms on top.
3. Mix in an egg and a generous amount of salt into the raw grated potatoes.
4. Heat some oil in a large frying pan. Add large spoonfuls of potato mixture into the pan (one per pancake) and let the pancakes crisp up for 2 minutes without disturbing them - don't try to flip them too quickly as they will be too mushy!
5. Flip the pancakes over and fry for another 2-3 minutes, until the exterior is crispy and golden brown. Make sure you add more oil to the pan before frying more pancakes.
6. Serve immediately.



Spanish Omelette



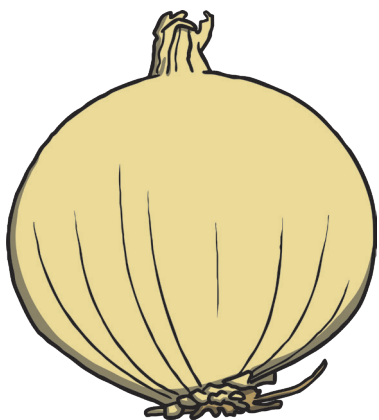
In Spain, people celebrate Jueves Lardero, which means 'Fat Thursday'. People also call it the 'Day of the Omelette'. Usually, feasts take place in local town squares where people can enjoy omelettes together.

Ingredients

- 500g new potatoes
- 1 white onion
- 150ml extra-virgin olive oil
- 3 tbsp chopped flat-leaf parsley
- 6 eggs

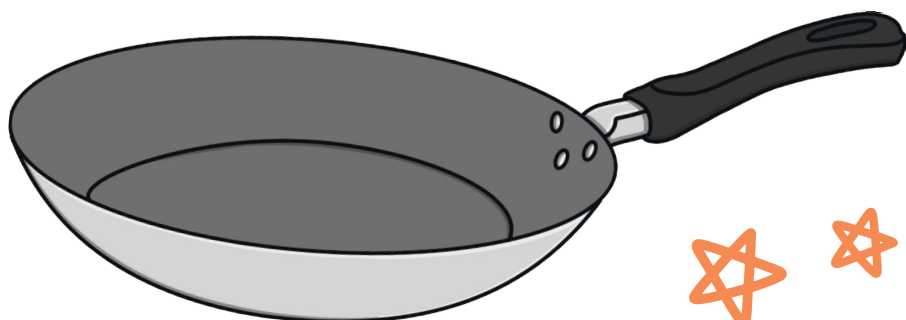
Method

1. You can peel the new potatoes or leave the skins on if you prefer. Cut them into thick slices.
2. Chop the onion.
3. Heat the oil in a large frying pan, add the potatoes and onion and allow to stew, partially covered, for 30 minutes. Stir occasionally until the potatoes are softened.
4. Strain the vegetables through a colander into a large bowl.
5. Beat the eggs in a bowl, then stir into the potatoes with the parsley and plenty of salt and pepper.
6. Heat a little of the strained oil in a smaller pan.



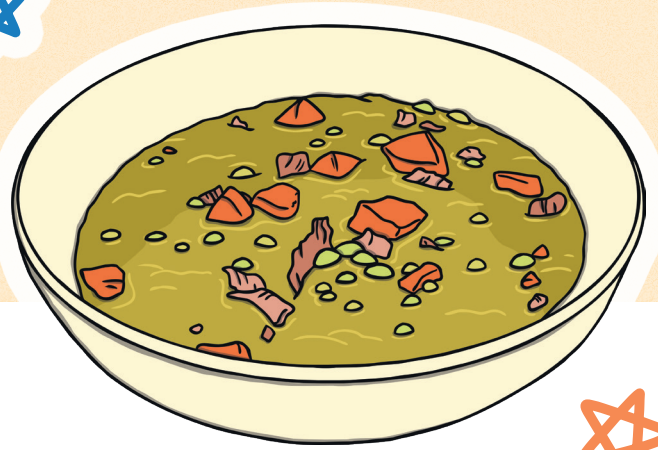


7. Put everything into the pan and cook on a medium heat, using a spatula to shape the omelette into a cushion.
8. When the omelette is almost set, invert it on a plate and slide it back into the pan and cook for a few more minutes.
9. Invert twice more, cooking briefly each time and pressing the edges to keep the cushion shape.
10. Put the omelette on a plate and let it cool for 10 minutes before serving.



Split Pea and Salted Meat Soup

In Iceland, pancake Day is known as Sprengidagur (or 'Bursting Day'). People tend to mark the occasion by eating a soup made from vegetables (like peas), lentils and salted meat. They try to eat as much as they can - until they are 'bursting' - before fasting for Lent.



Ingredients

- 2l water
- 500g lamb meat or mutton, preferably salt-cured, or salt-pork
- 200g yellow split peas
- 1 tsp salt
- 500g potatoes
- 1 onion
- 500g carrots and turnips
- 3-4 slices smoked bacon (optional)

Method

1. Soak the peas for the time indicated on the packaging.
2. Bring the water to the boil in a large pan.
3. Cut the onion into chunks and add to the water with the meat and peas. Simmer for about an hour.
4. If you are using bacon, add it for the last 30 minutes of cooking time.
5. Add the potatoes, turnips and carrots for the last 30 minutes of cooking time.
6. You can either serve the dish as it is or separate the meat and potatoes from the soup to serve separately - it's up to you.



Malasadas

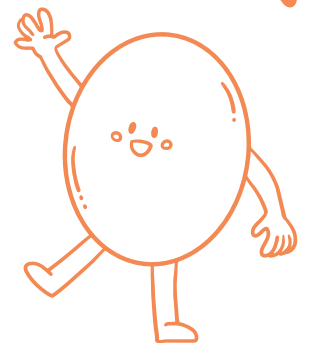
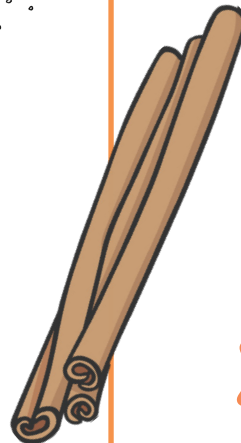
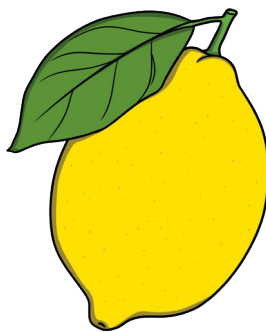
In Madeira, Shrove Tuesday is known as **Terça-feira Gorda** (or 'Fat Tuesday'). People tend to eat **malasadas** - a type of fried doughnut, flavoured with lemon zest and covered in sugar and cinnamon. They were invented to use up all the lard and sugar before Lent.

Ingredients

- 2 tsp active dry yeast
- 250ml warm water
- 1½ tsp lemon juice
- 170g evaporated milk
- 1 tsp vanilla extract
- 5 eggs
- 70g sugar
- 2 tsp ground nutmeg
- 120ml melted butter
- 510g bread flour
- salt
- vegetable oil

For the sugar coating:

- 70g sugar
- 1 tsp cinnamon (optional)



Method

1. Start by rehydrating the yeast - add a pinch of sugar and the yeast to the warm water and mix. Let it sit for at least 10 minutes.
2. Add the lemon juice, evaporated milk, melted butter, vanilla extract, eggs, sugar and ground nutmeg to a large bowl and whisk to combine them.
3. Stir in the yeast mixture and mix again.
4. Add in the bread flour and salt. Use a wooden spoon or your hands to incorporate the ingredients. The dough does not need to be kneaded, just well combined. The dough will be sticky.
5. Cover the dough with cling film and let it sit for around $1\frac{1}{2}$ hours or until the dough has doubled in size.
6. Sprinkle the worktop surface with flour. Use a cookie cutter to form the malasadas into $\frac{1}{2}$ inch thick discs or use your hands to form rough ball shapes slightly larger than a golf ball.
7. Ask an adult to heat oil in a large pan to 175°C . Gently place the malasadas into the oil. Cook the malasadas for 1 minute on each side. Use a slotted spoon to remove the doughnuts and place them into a bowl with sugar.
8. Toss to coat them with sugar and serve!



King Cake



In New Orleans, USA, Mardi Gras takes place on Shrove Tuesday and translates to 'Fat Tuesday' - it's a time to feast before Lent. Many people in this location enjoy king cake - a sweet, cinnamon treat with a plastic baby Jesus hidden inside. If you find the baby Jesus, you must bring the cake to the next Mardi Gras party.

Ingredients

- 235ml milk
- 57g butter
- 157ml warm water (45°C)
- 100g white sugar
- 2 sachets of active dry yeast
- 2 eggs
- 1 $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ tsp freshly grated nutmeg
- 690g plain flour

For the filling:

- 200g brown sugar
- 85g chopped pecans
- 60g all-purpose flour
- 75g raisins
- 1 tbsp ground cinnamon
- 120ml melted butter

For the glaze:

- 200g sugar
- 1 tablespoon water
- 1 plastic baby doll



Method



To make the pastry:

1. In a pan, heat the milk over a medium heat. Remove it from heat and stir in the butter. Allow it to cool at room temperature.
2. Mix the warm water, 1 tablespoon of white sugar and the yeast in a large bowl. Let it stand for about 10 minutes until it turns creamy.
3. Add the cooled milk mixture to the yeast mixture and whisk in the eggs. Stir in the remaining white sugar, salt and nutmeg.
4. Beat the flour, 1 cup at a time, into the milk/egg mixture. Once the dough comes together, turn it onto a lightly floured surface and knead the mixture until it is smooth and elastic (approximately 8 to 10 minutes).
5. Place the dough in a lightly oiled bowl and turn the dough to coat it in oil. Cover it with a damp cloth or cling film and allow it to rise until it has doubled in volume (about 2 hours).

6. When risen, punch it down and divide the dough in half.
7. Preheat the oven to 190°C.
8. Meanwhile, grease 2 baking trays or line them with parchment paper.

To make the filling:

9. Mix the brown sugar, pecans, flour, raisins and cinnamon in a bowl. Then, pour the melted butter on top and mix until crumbly.
10. Roll each piece of dough into a 25cm x 40cm rectangle. Sprinkle the filling evenly over the dough and roll it up tightly, beginning at the wide side. Bring the ends of each roll together to form 2 oval-shaped rings.
11. Place each ring on a baking tray. With scissors, make cuts a third of the way through the rings at 3cm intervals.



12. Allow it to rise in a warm spot until the mixture has doubled in size (about 45 minutes).

13. Bake it in the preheated oven for around 30 minutes or until an inserted knife comes out clean.

To make the glaze:

14. Stir the sugar and water in a bowl until smooth.

To assemble:

15. Push the doll into the bottom of one warm cake and place it on top of the other cake.

16. Drizzle glaze over both of the warm cakes.