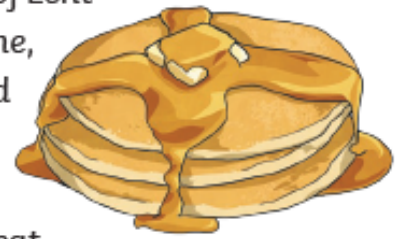


Pancake Day

Pancake Day is a Christian festival, also known as Shrove Tuesday, which has been celebrated by Christians 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. During this time, Christians 'abstain' which means that they give up treats and luxuries as they believe it helps them to focus on Jesus and to remember the sacrifice that he made by dying on the cross. Shrove Tuesday is the last chance to indulge in a treat by using up perishable, rich foods, such as fat, butter and eggs before Lent begins. '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, 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, legends said that she would be married that year; but if it didn't turn over or 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, also known as 'ffroes', are thicker than traditional pancakes. 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

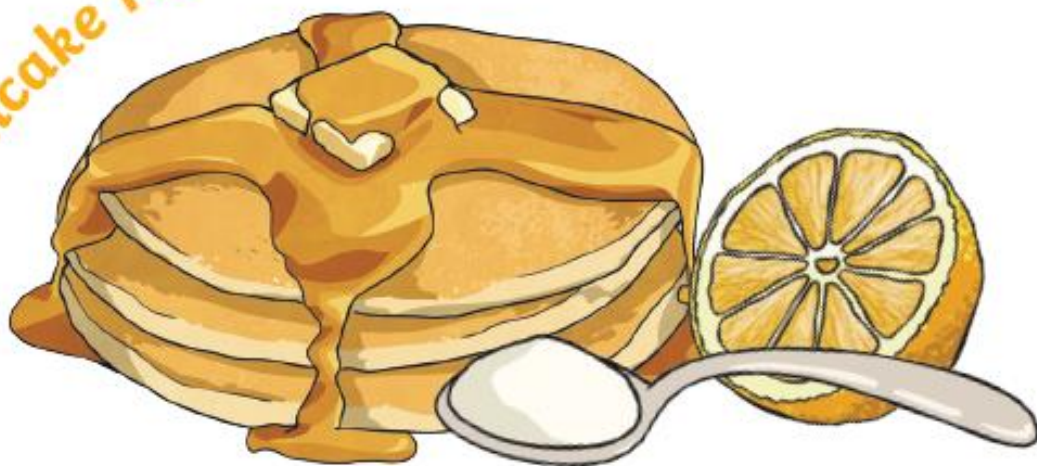
A famous pancake race takes place in Olney in Buckinghamshire, England. Legend has it that in 1445, a woman heard the church bells ringing as she was making pancakes. Rather than be late, she ran to church still holding the frying pan and pancake. Today, you can take part in the race, wearing an apron,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

Shrove Tuesday Around the World

Christians around the world celebrate Pancake Day in different ways:

A carnival called 'Mardi Gras' or 'Fat Tuesday' is held in France, America and Brazil. In Sweden, a pastry called semla is eaten and Pancake Day is known as 'Fettsdagen'. In Iceland, it is called 'Sprengidagur' or 'Day of Bursting' and salted meat and peas are eaten. Green pea soup and pastry is eaten in Finland and in Greece, many people give up meat during Lent which is known as 'Apocreas' or 'from the meat'.

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.