



Norfolk Federation of WIs

Charity No: 227411

February – 14th is Valentines Day and pancakes for Shrove Tuesday on 16th Feb 2021

Green Hearts to 'show the love' to highlight climate change (see My WI for how to make)

Seed hearts



Pancakes for Shrove Tuesday



Pancakes makes 6-8

125g plain flour + pinch of salt, 1 egg, 250ml / ½ pint milk

1 tbsp oil + extra for frying

Method

Add the egg, 1 tbsp. oil and half the milk to the flour, beat until smooth, then add remainder of milk. Brush base of fry pan with a little oil, stand over medium heat. When pan is hot pour in 2-3 tbsp. batter, just to coat base of pan thinly. Fry until golden, turn with a fish slice. Cook other side until golden. Repeat with rest of batter. Serve with sugar and lemon or orange.

Crochet heart and heart lavender bags.



Heart biscuits

Ingredients 75g butter 100g sugar, 150g SR flour, 1 egg, 1 tsp. vanilla essence

Filling: 75g icing sugar, 40g butter, 2 tsp jam.

Method: Cream butter and sugar until light, add beaten egg + vanilla essence then add the flour to make a stiff dough. Wrap in cling film, chill for 30 mins. Roll out to 0.5cm thick and cut out shapes. Cut a central circle from half the shapes. Place on a parchment lined baking sheet, bake 10-12 minutes until golden. Cool on a rack.

Filling: mix together butter and icing sugar until soft. Spread the solid biscuits with butter cream, top with the cut out biscuit, sieve over a little icing sugar and drizzle a little jam into the top circle.



Bake some heart biscuits