



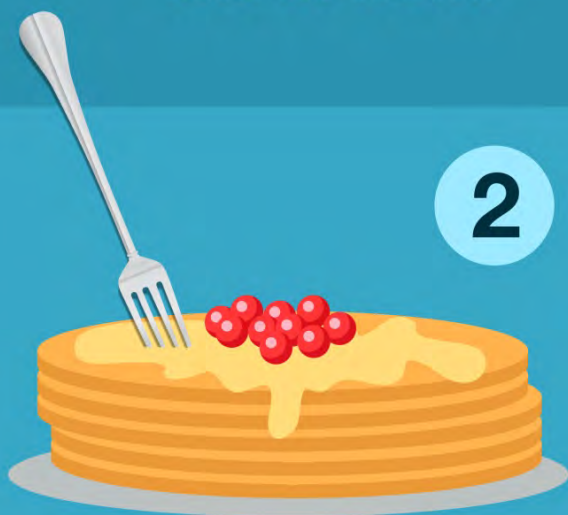
HOST YOUR OWN PANCAKE PARTY FOR HEADWAY

1 Invite your friends and family to your pancake party or host one at work!



2

Use the sweet or savoury recipes in our pancake party preparation pack, or create your own.

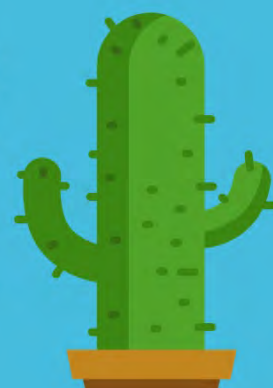


3 Raise money to support brain injury survivors by selling your tasty pancakes. To donate text **WAVE16 £1 to 70070**



4

Join the world's biggest **#PancakeMexicanWave** by posting your video on Facebook or Twitter.



Headway Pancake Party

Everybody loves pancakes, so we're asking people to hold their own Headway Pancake Party on or around Shrove Tuesday (9 February 2016) to raise money for brain injury survivors.

We recommend a donation of £1 per pancake or charging people to attend the event. Make sure you give people plenty of opportunities to donate during your party! If you would like to request a pop-up money box for your event please contact the fundraising team on 0115 924 0800.

Don't forget to share your pictures or videos and any exciting recipes using #Headway #PancakeParty on Facebook and Twitter!

Help people like Chrissy and Stewart



After Stewart sustained a serious brain injury following a car crash, he didn't know Chrissy's name. Rebuilding their lives was a struggle but, with the help of Headway, they are now married with a baby boy.

"Headway is the first organisation we have ever come across that supports the carer or partner as much as the individual – and importantly they support you both at the same time, promoting togetherness. It really helped us come to terms with our new life.

#PancakeMexicanWave

Be part of the world's biggest #PancakeMexicanWave by posting a video of your flipping skills using the hashtag on Facebook or Twitter, texting WAVE16 £1 to 70070 and nominating two friends to join the wave!

If you are fundraising for a Headway group or branch you can still join in the fun and donate to your local Headway instead!



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Tips for the perfect pancakes!

- If you have time, make the batter beforehand; cover it and let it stand for a couple of hours - this allows the gluten to expand.
- Do not over beat the batter or you'll get tough rubbery pancakes.
- The batter should be the thickness of single cream - if it has thickened, thin it with a little water.
- Heat the pan to a moderate temperature - to get the right temperature, add a few drops of water; if they dance on the surface it's the right temperature.
- Use a paper towel soaked in oil to add a little oil to the pan - that way your pancakes don't come out too oily.
- Find a small cup that you can use to measure out the correct amount of mixture for one pancake.
- So that the whole family can eat together, stack the pancakes separated by greaseproof paper on a warmed plate and cover with an inverted plate - either put the plate on a saucepan of simmering water or in a cool oven.
- Pancake batter can be saved in the fridge for a few days or even frozen so you won't have to waste any leftover batter.

Cooking pancakes can be a challenge - there are a number of ingredients to measure and mix, and the frying pan and cooked pancakes will be very hot. If you have any concerns it's best to ask a friend, relative or support worker to help you. Additionally, some types of flour and toppings may be unsuitable for people with food allergies or who are on specialised diets. Seek advice if you're unsure.

Pancake Games!

- **How many flips in a minute?** See how many times they can flip a pancake in one minute!
- **Pancake race** - Similar to the egg and spoon race, set out a course for participants to run whilst they flip a pancake in their frying pan, if they drop their pancake they are out of the race!
- **Decorating competition** – If your guests fancy having a go at making their pancakes themselves then run a pancake decorating competition where the person who has the most impressive pancake wins!
- **Eating contest** - Who can eat a pancake with their hands tied behind their back the fastest and without licking their lips?

How to donate to Headway UK



- **Cheque by post** – please address all cheques to 'Headway – the brain injury association' and send to:

Bradbury House
190 Bagnall Road
Old Basford
Nottingham
NG6 8SF

- **Donate by card over the phone** – simply call us on 0115 924 0800 and let us know that you would like to make a donation from your pancake party.
- **Donate online** - visit our website to make a donation online using your debit or credit card follow this link to be taken straight to our donation form:
<https://www.headway.org.uk/donate/>
- **Gift Aid** – Don't forget that you can gift aid your donation if you have worked in the UK and paid tax in the past four years. This means that for every £1 you donate we receive 25p from the government, so it is a fantastic way to make your donation go even further. If you are sending a cheque or donating over the phone please ensure that you provide us with your full name and address and let us know that you can gift aid your donation, or if you are donating online simply tick the box provided.
- **Text** – Simply text WAVE16 £1 to 70070 to donate by text, if you want to donate a different amount just change this in your text e.g. WAVE16 £25.

Thank you for your support of Headway – the brain injury association, through your donations we will be able to provide vital support and information to those affected by brain injury, and their families and carers.

Batter Recipes



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Traditional Pancake Recipe

Ingredients – Makes approx 12 pancakes

225g plain or all-purpose flour
A pinch of salt
2 large eggs (beaten)
600ml milk
2 tsp melted butter plus extra melted butter for cooking

Method

1. Sieve the flour into a large bowl, add the salt. Make a well in the centre of the flour and add the eggs. Beat well until smooth.
2. Add half the milk and the butter, beat well. Add the remaining milk and stir. Leave the batter to rest for 15 minutes.
3. Lightly grease a pancake pan or frying pan with a little melted butter. Heat until very hot and add a ladleful of batter so it evenly and thinly coats the base of the pan. Cook until set and lightly golden.
4. Flip the pancake and cook on the other side for approx 30 seconds.

American Pancake Recipe

Ingredients – Makes approx 12 pancakes

1 tbsp baking powder
A pinch of salt
1 tsp white sugar
1 large eggs (beaten)
1 knob of butter (melted) plus extra for cooking
225ml milk
150g plain flour



Method

1. Sieve the flour, baking powder, salt and sugar into a large bowl and make a well. Pour in the eggs, melted butter and milk and beat well until the batter is smooth.
2. Heat a smooth griddle or pan on the stove and lightly grease with butter.
3. Cook the pancakes until the upper side of the pancake is bubbling and the edges have gone slightly dry. Flip over and cook the other side for a minute or two till golden brown.

Sweet Recipes



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If you fancy something a bit different from the classic sugar and lemon this year, here are some different recipes and toppings to tempt your sweet tooth!

Mint Chocolate Chip Pancakes

Ingredients

Add the following to your American Pancake batter:

1 tbsp granulated sugar

1/2 tsp pure vanilla extract

1/2 tsp pure mint extract

3 to 4 drops green food colouring (optional)

150g chocolate chips, plus more for topping

Whipped cream, vanilla ice cream, hot fudge sauce - for serving (optional)

Method

1. Add the sugar to your American Pancake batter dry ingredients.
2. Add the vanilla extract, mint extract and food colouring to the wet ingredients for your American Pancake batter.
3. Combine the dry and wet ingredients following the American Pancake method, once mixed stir in your chocolate chips and cook your pancakes!
4. Serve warm with whipped cream, vanilla ice cream, hot fudge sauce, and more chocolate chips, if desired.

Chunky Monkey Pancakes

Method

Simply add 1 large banana (sliced), two handfuls of chocolate chips and a handful of pecans to your batter once you have combined all of the other ingredients and drizzle with maple syrup or melted chocolate.



Chocolate Pancakes with Fresh Berries

Ingredients

Using either pancake recipe just add 15g of cocoa powder with your dry ingredients to create your chocolate pancake!

For the filling:

170 g Greek yogurt
142 g ready-made custard
4 tsp fresh mint, chopped
175 g raspberries
225 g strawberries, sliced
50 g dark chocolate, optional



Method

1. Mix the yoghurt, custard and chopped mint together. Mix the berries together in a separate bowl. Spoon in the yoghurt and berry mix to each pancake and fold.
2. Melt the chocolate in a bowl set over a small saucepan of gently simmering water. Drizzle with melted chocolate when serving.

Savoury Recipes

Why not have savoury pancakes for a quick dinner or lunch? We think these savoury alternatives are flippin' marvellous.

Pesto and Feta Pancakes

Ingredients

6 pre-made thin pancakes
250g cherry tomatoes, halved
200g feta cheese, crumbled
85g baby spinach leaves
4tbsp green pesto

Method

1. Pre-heat the oven to 200C, 400F, Gas Mark 6. In a large mixing bowl mix together the tomatoes, feta cheese, 55g baby spinach leaves and 2tbsp of pesto. Toss together well and season with freshly ground black pepper.
2. Divide the mixture between the pancakes and roll up. Lay seam side down in a large baking dish. Mix the remaining pesto with 1tbsp water and drizzle over the top of the pancakes. Bake for 18 minutes until golden and bubbling hot.
3. Toss the remaining spinach leaves in a squeeze of lemon juice and drizzle of olive oil. Pile the dressed spinach down the centre of the pancakes, serve straight away.



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Creamy Chicken, Spinach and Pancetta Pancakes

This recipe will serve 4 people but can be adjusted accordingly. Serve with salad or vegetables.



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Ingredients

1 tbsp olive oil, plus extra for greasing
1 onion, chopped
100g pancetta or streaky bacon, chopped
200g chesnut mushrooms, sliced
1 garlic clove, finely chopped or crushed
400g cooked shredded chicken
200g crème fraiche
100g baby spinach
8 ready-made thin pancakes
75g mature Cheddar, grated

Method

1. Preheat the oven to 200°C/fan 180°C/gas 6. Gently heat the oil in a deep frying pan, add the onion and pancetta and fry for 3-4 minutes until golden. Add the mushrooms, turn up the heat and fry for 3-4 minutes. Add the garlic and fry for another minute.
2. Add the chicken and crème fraiche and bring to a boil. Simmer for 5 minutes until thickened slightly. Stir in the spinach and allow to wilt for 30 seconds.
3. Use to fill 8 pancakes, roll up and lay in an ovenproof dish, top with the cheese and bake for 15-20 minutes until golden.

Classic Ham Egg and Cheese Pancake

Method

Using your classic pancake recipe follow steps 1 – 5. Once you have flipped your pancake add some grated cheese and strips of ham evenly over your pancake. Break an egg into a small bowl and pour into the centre of the pancake, fold the edges of the pancake over the egg and wait for the egg to cook (if necessary cover the pan for a few minutes to help the egg cook).



Recipes adapted from

Classic Pancakes

<http://www.bbcgoodfood.com/recipes/3374/perfect-pancakes>

American Pancakes

<http://allrecipes.co.uk/recipe/27002/fluffy-american-pancakes.aspx>

Chunky Monkey Pancakes

<http://allrecipes.com/recipe/chunky-monkey-pancakes/>

Chocolate Pancakes with Fresh Berries

<http://uktv.co.uk/food/recipe/aid/655618>

Mint Chocolate Chip Pancakes

<http://www.epicurious.com/recipes/food/views/Mint-Chocolate-Chip-Pancakes-51147000>

Classic Ham Egg and Cheese Pancake

<http://allrecipes.co.uk/recipe/22881/classic-egg-ham-and-cheese-crepe.aspx>

Pesto and Feta Pancakes

<http://www.goodtoknow.co.uk/recipes/517842/pesto-and-feta-pancakes>

Creamy Chicken, Spinach and Pancetta Pancakes

<http://www.deliciousmagazine.co.uk/recipes/creamy-chicken-spinach-and-pancetta-pancakes/>