

Shrove Tuesday

Food and Drink Recipes





Traditional Dinners

Traditional British Shrove Tuesday Pancakes

Makes about 8 pancakes



Ingredients

¾ cup plus 2 tablespoons flour
1/8 teaspoon salt
1 egg, beaten
8 ounces milk
2 tablespoons Limoncello (or substitute water)
Butter for the pan
Lemon wedges and powdered sugar, for serving

Preparation

Sift the flour and salt into a large bowl; make a well in the middle and add the beaten egg. Stir in half the milk, working in the flour gradually until it begins to form a batter, then beat well and add the rest of the milk and liqueur or water.

Pour batter into a jug and let stand for about 15 minutes before making any pancakes. When batter has rested, heat a nonstick pan over medium high heat, add a little bit of butter to the center of the pan, stir the batter then pour in a small amount into the pan then swirl it so that it spreads thinly.

Add lemon juice and sprinkle with sugar before serving. And, of course, don't forget the pancake syrup.

Cook for about one minute, then turn and cook the other side for about 30 seconds.

Place on a plate, drizzle with juice from a fresh lemon, sprinkle with sugar then roll or fold to eat immediately. If you're not serving them right away, keep the pancakes on a plate over simmering water to keep warm. Add the lemon juice and sugar just before serving.

Continue adding a tiny bit of butter to the pan and cook the remaining batter.

Source: Christina's Cucina, <https://www.christinascucina.com/traditional-british-shrove-tuesday-pancakes/>

Bread Pudding

Add time & number of servings



Ingredients

6 slices of day-old bread
2 tablespoons melted butter
½ cup raisins (optional)
4 eggs, beaten
2 cups milk
¾ cup white sugar
1 teaspoon ground cinnamon
1 teaspoon vanilla extract

Serve it warm, and drizzle with caramel sauce or sprinkle with powdered sugar.

Preparation

Sift the flour and salt into a large bowl; make a well in the middle and add the beaten egg. Stir in half the milk, working in the flour gradually until it begins to form a batter, then beat well and add the rest of the milk and liqueur or water.

Pour batter into a jug and let stand for about 15 minutes before making any pancakes. When batter has rested, heat a nonstick pan over medium high heat, add a little bit of butter to the center of the pan, stir the batter then pour in a small amount into the pan then swirl it so that it spreads thinly.

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Source: AllRecipes.com, <https://www.allrecipes.com/recipe/7177/bread-pudding-ii/>



Drinks

The Hurricane

Makes one serving – but you can share



Ingredients

2 ounces light rum
2 ounces dark rum
2 ounces passion fruit juice
1 ounce orange juice
Juice of half a lime
1 tablespoon simple syrup
1 tablespoon Grenadine
Orange slice and cherry for garnish

Preparation

Pour all the ingredients into a cocktail shaker, then fill with ice.

Shake vigorously, to shake all the sins out – at least 30 seconds, or until the outside is frosty cold.

Strain into a hurricane glass filled with ice, and garnish with a cherry and an orange slice.

***Two kinds of rum –
dark and light –
give this boozy New
Orleans favorite its
signature flavor.***

Source: D Magazine, <https://www.dmagazine.com/food-drink/2012/02/what-to-drink-now-happy-fat-tuesday/>

The Sazerac

Drink it slowly ... savor the flavor



Ingredients

¼ ounce absinthe
1 ½ to 3 ounces rye whiskey
3 dashes Peychaud's bitters
1 cube sugar
Lemon twist for garnish

Preparation

In a mixing glass, soak the sugar cube with the Peychaud's bitters, and muddle to crush the cube.

Add the rye whiskey to the glass, and stir.

Pour the absinthe into a chilled old-fashioned glass, swirl it around to rinse, and discard the liquid.

Pour in the whiskey mixture, and garnish with a lemon twist.

***It's the Official
Cocktail of New
Orleans – seriously,
the Sazerac earned
the title in 2008.***

Source: The Spruce Eats, <https://www.thespruceeats.com/sazerac-cocktail-recipe-760604>



Non-Alcoholic Drinks

Mardi Gras Punch

Makes as much as you want



Ingredients

Lemon-lime soda – like Sprite
Grape soda or grape juice
Pineapple juice
Sliced lemons
Sliced limes

Preparation

1. Pour the lemon-lime soda and the grape soda or juice into a large punch bowl. No measurement required – simply pour as much as you'd like to drink.
2. Add the pineapple juice – a relatively small amount like a 6 or 8 ounce can. Mix it together well.
3. Mix in some very large ice cubes, so as to not water down the mixture.
4. Add the sliced lemons and limes on the top for a garnish, and serve chilled.

It's a simple pour-and-go recipe – simply pour the ingredients in a bowl, give it a quick stir, and it's ready to go!

Source: Madame Deals.com, <http://madamedeals.com/non-alcoholic-mardi-gras-punch-recipe/>

Bon Appetit's Best Hot Chocolate

Makes about four servings



Ingredients

- 3 tablespoons cocoa powder, plus a bit more for serving
- 3 cups whole milk
- 6 ounces semi-sweet chocolate, finely chopped
- 3 tablespoons demerara or granulated sugar
- Lightly sweetened whipped cream

Preparation

1. Bring $\frac{3}{4}$ cup water to a simmer in a medium saucepan over medium-high heat. Whisk in 3 Tbsp. cocoa powder until no lumps remain, then add milk and return to a simmer.
2. Whisk in chocolate and sugar and cook, whisking frequently, until mixture is smooth and creamy and chocolate is melted, about 5 minutes.
3. Divide hot chocolate among mugs. Top with whipped cream and dust with cocoa powder.

Adjust the milk and chocolate to your own personal tastes – choose lower-fat milk or oat milk, make it darker chocolate if you choose. It's like dessert in a cup.

Source: BonAppetit.com; <https://www.bonappetit.com/recipe/bas-best-hot-chocolate>