History of Pancake Day

"... as fit as a pancake for Shrove Tuesday."
William Shakespeare (*All's Well that Ends Well*)

THROWING THE PANCAKE ON SHROVE TUESDAY IN WESTMINSTER SCHOOL.

WILSON'S ALMANAC

What is a pancake?

An English pancake is a thin, flat cake, made of batter and fried in a frying pan.

Caster sugar (*superfine* sugar) is sprinkled over the top and a dash of fresh lemon juice is added.

The pancake is then **rolled**. Some people put **golden syrup** or **jam** on their pancakes.

Tossing the pancake

Mix a pancake,
Stir the pancake,
Pop it in a pan.

Fry the pancake,
Toss the pancake,
Catch it if you can.

Olney's famous Pancake Day race

The most famous pancake race takes place at Olney. According to tradition, in 1445 a
woman of Olney heard the shriving bell while she was making pancakes and ran to the
church in her apron, still clutching her frying pan.

The Olney pancake race is now world famous. Competitors have to be local housewives and they must wear an apron and a hat or scarf.

Each contestant has a frying pan containing a hot, cooking pancake. She must toss it three times during the race that starts at the market square at 11.55 am.

The first woman to complete the 375-metre course (the record is 63 seconds set in 1967) and arrive at the church, serve her pancake to the bell ringer, and be kissed by him, is the winner. She also receives a prayer book from the vicar.

The object of the race is to get to the finishing line first whilst flipping a pancake in a frying pan a pre-decided number of times.
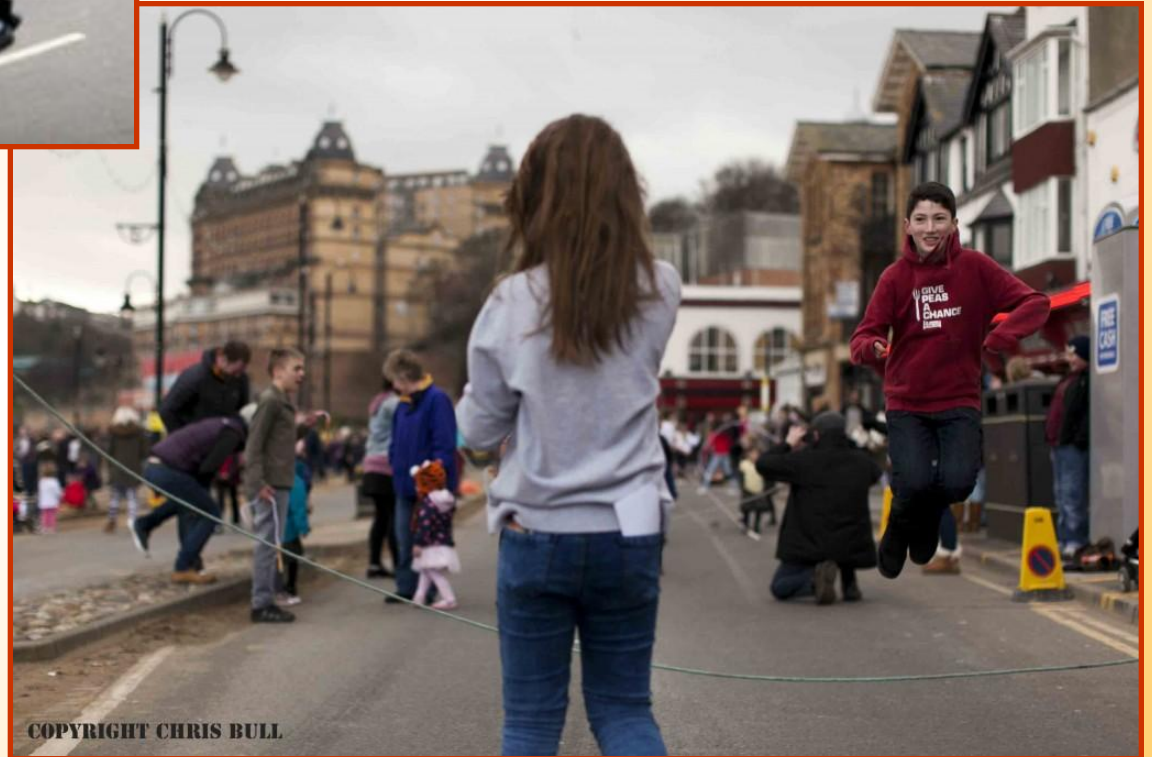
The skill lies not so much in the running of the race but in flipping and catching the pancake, which must be intact when the finishing line is reached.

Skipping

In Scarborough, on Shrove Tuesday, everyone assembles on the promenade to skip.

Long ropes are stretched across the road and there maybe be ten or more people skipping on one rope.

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Cock Fighting

Shrove Tuesday used to be a great day for cock-fighting in England.

Cockfighting was introduced to Britain by the Romans.

HAPPY PANCAKE TUESDAY!

Thank you for your attention