Jelly Belly Pancakes

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Anyone can make a pancake pretty much, but not everyone can flip a pancake so it looks like one. Often (mostly even) they end up looking like a lump of something unpleasant and inedible. Which completely misses the point of a pancake which has to be beautiful and delicious. So if you want to impress on Pancake Day, here's your chance.

Prepare the batter first and put to one side, then make the filling so it can be used immediately while the pancakes are warm. Have the presentation bits nearby.

For the pancakes

100g plain white flour

2 free range eggs

200ml full fat milk

75ml water

Knob of butter

For the lemon curd cream

120ml double cream

1 heaped tbs lemon curd

Whisk the cream and lemon curd together until the mixture is stiff and holds a peak.

For the presentation

There are 50 different flavours of Jelly Belly jelly beans and all work brilliantly - just go for your favourite flavours

- Mix together the flour, eggs, and half the milk. Whisk. Add the rest of the milk and the water and whisk some more until the mixture is smooth and the consistency of thin cream. You don't want a thick batter.

- Heat a little of the butter in a large non-stick frying pan over a medium heat, and pour in about half a ladle of the pancake batter. To begin with you don't want a big pancake. Start smallish until you have a bit of practice.

- Tilt the pan gently swirling the batter to spread it out, and return to the heat. Cook for about 45 seconds. Look for little air bubbles to appear and then ease the edges with a spatula. Shuffle the pan a little so you can see the pancake move freely. Return to the heat for another 15 seconds.

- Rotate the pan until you build up a bit of momentum, a good strong wrist will be useful at this stage because if you're going to have a successful flip you'll need a bit of angular motion. Push the pan forward and sharply back, then forward and up and whoosh! It'll flip beautifully. If it doesn't try again, you'll get the hang of it in no time. When you've done it once you'll want to keep doing it over and over again. Apply your own amateur dramatics appropriate to the occasion.

- Transfer to a warm plate whilst you cook the rest of the pancakes, or eat immediately if you want to destroy the evidence of failure.

- To serve, fold the pancakes into quarters to make a pocket, fill each with lemon curd cream and serve decorated with Jelly Belly Beans, fresh berries, a sprinkle of icing sugar and a drizzle of chocolate sauce.

- Alternatively serve the classic way with a sprinkle of sugar and a squirt of lemon juice adding either/both of Lemon or Lemon Drop Jelly Belly jelly beans

Recipe, styling and photography by Helen Best-Shaw, Fuss Free Flavours for Jelly Belly UK

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