

Trefoil guild

tea party pancakes

A timeless treat for treasured members!

The Trefoil Guild is a cherished circle of experience, wisdom, and enduring friendship. These Trefoil tea party pancakes are a loving nod to the classic Victoria sponge. Soft, golden pancakes layered with jam and cream, perfect for a refined afternoon tea or a celebratory gathering. With their rich red filling and comforting flavour, they honour the Guild's legacy of leadership, laughter, and lifelong guiding spirit.

Ingredients (serves 4-6):

For the pancakes:

- 200g self-raising flour
- 1 tsp baking powder
- 2 tbsp caster sugar
- 2 eggs
- 250ml milk (dairy or plant-based)
- 2 tsp or 10ml vanilla extract
- Butter or oil for cooking

For the filling:

- 4-5 tbsp raspberry or strawberry jam
- 150ml double cream, whipped (or plant-based alternative)
- Icing sugar, for dusting

Utensils:

- Mixing bowl
- Measuring cups
- Measuring jug
- Kitchen measuring scales
- Measuring spoons
- Manual whisk, electric whisk (if you need extra help whisking) or a fork
- Non-stick frying pan or griddle
- Spatula
- Spoon (for pouring batter)
- Heat-safe plate or tray (for stacking or serving)

Optional: top with fresh berries or a sprig of mint.

How to make:

- 1** Measure out all the pancake ingredients (self-raising flour, baking powder, sugar, eggs, milk, vanilla extract) using either a measuring cup/spoons, measuring jug or kitchen scales.

- 2** To make the pancake batter, in a bowl mix together all the ingredients in step 1. You can use a manual whisk or fork to do this. If you need extra help whisking, you can always use an electric whisk on a slow speed. It should look like a smooth and glossy batter mixture.
- 3** In your frying pan you could add a little oil or butter to prevent the pancake mixture sticking.
- 4** Turn on your hob and set it to a medium heat. Place your frying pan over the heat source. Allow it to warm up for a few seconds.
- 5** Spoon your pancake batter into the centre of the pan. Around 2 dessert spoons make a pancake the size of a side plate once it spreads out. Or you can use more batter to make thicker pancakes.
- 6** Cook the pancake batter for roughly 1 minute – each side. Using a spatula to flip your pancake once each side is cooked. You may need longer if your pancakes are thicker. Be sure to watch out for burning.
- 7** Prepare the filling by whipping the cream with a whisk or fork, until soft peaks form and set to one side.
- 8** Assemble the stack by layering the pancakes with a spoonful of jam and a dollop of whipped cream between each. Stack 2–3 pancakes high for individual servings.
- 9** Finish and serve with a dusting of icing sugar and serve with tea. Optional: top with fresh berries or a sprig of mint.

Recipe top tips:

- You might make-ahead these pancakes and gently reheat.
- You could customise them by trying different jams or fruit compotes for variety.
- Serve with tea, fresh berries, or a sprig of mint for a classic finish.
- They're great for sharing at Trefoil Guild events or celebrations.

Allergen information:

Contains: gluten (flour), egg, dairy (milk, cream)

May contain: soy (in plant-based alternatives)

Gluten-free option: replace flour with 200g gluten-free self-raising flour blend (with xanthan gum if needed)

Lactose-free option: replace milk with lactose-free or plant-based milk. Or either oat, almond, soy, or coconut milk (250ml). Use Coconut or soy whipping cream (150ml).

Vegan option: replace 2 eggs with 1 tbsp ground flaxseed + 5 tbsp water (let sit 5 mins). Replace milk with either oat, almond, soy, or coconut milk (250ml). Use Coconut or soy whipping cream (150ml)