

## Pancake Tuesday

Did you know that Pancake Day, also known as Shrove Tuesday, is a Christian festival that always falls 47 days before Easter? The name "Shrove Tuesday" comes from the word "shriving," which means confessing sins and seeking forgiveness. The tradition dates back to 1445, and the record for the most pancake flips in a minute is an impressive 140! Each year, around 52 million eggs are used on Pancake Day, and the world's largest pancake was over 15 meters wide—that's huge!

According to legend, Pancake Tuesday began when a woman, busy making pancakes, heard the shriving bell calling people to church. In a rush, she ran to the church still wearing her apron and holding her frying pan!

Pancake Tuesday was originally a way for Christians to use up rich ingredients like butter, eggs, sugar, and fat before the fasting period of Lent. Some Christians still follow this tradition today. And what better way to enjoy those ingredients than by making delicious pancakes?

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