

In the UK, Shrove Tuesday is also known as Pancake Day (or Pancake Tuesday to some people) because it is the one day of the year when almost everyone eats a pancake.



✝ Shrovetide

The last three days before the beginning of [Lent](#) is known as Shrovetide. The old names for these days were:

1. **Quinquagesima Sunday** - Shrove Sunday
The fiftieth day before Easter
2. **Collop Monday** - Shrove Monday
Named after the traditional dish of the day: collops of bacon served with eggs. In addition to providing little meat, the collops were also the source of the fat for the following day's pancakes.
3. **Pancake Day** - Shrove Tuesday
The day on which all fats and cream had to be used up.

Shrovetide was celebrated with games, sports, dancing and other revelries. There were feasts to use up the food that could not be eaten during the Lenten fast. Football was played in the streets and Nickanan Night (as Shrove Monday evening was called in Cornwall) was a time for boys to run riot in the villages: hiding gates, taking off door knockers, and making off with anything that householders had forgotten to lock away.

✝ Shrove Tuesday (Pancake Day)

Shrove Tuesday is the last day before the period which Christians call Lent. This day is one of the moveable feasts in the church calendar and is directly related to the date on which Easter falls.

✝ When is Shrove Tuesday (Pancake Day)?

Shrove Tuesday always falls 47 days before to Easter Sunday, so the date varies from year to year and falls between February 3 and March 9.

✝ Why do we call the day Shrove Tuesday?

The name Shrove comes from the old word "shrive" which means to confess. On Shrove Tuesday, in the Middle Ages, people used to confess their sins so that they were forgiven before the season of Lent began.

✚ What is Shrove Tuesday?

Shrove Tuesday is a day of celebration as well as penitence, because it's the last day before Lent.

Lent is a time of abstinence, of giving things up. So Shrove Tuesday is the last chance to indulge yourself, and to use up the foods that aren't allowed in Lent. Pancakes are eaten on this day because they contain fat, butter and eggs which were forbidden during Lent.

✚ What is an English pancake?

A pancake is a thin, flat cake, made of batter and fried in a pan.

The photograph shows a pancake being cooked in a frying pan.



Caster sugar (superfine sugar) is sprinkled over the top and a dash of fresh lemon juice added. The pancake is then rolled. Some people add golden syrup or jam.



✚ Other names for Shrove Tuesday

United Kingdom, Ireland, and Australia - **Shrove Tuesday**, **Pancake Day** or **Pancake Tuesday**

Sweden - **Fettisdagen** (Fat Tuesday).

In Catholic and French-speaking parts of the United States this day is called **Mardi Gras**.

Poland - **Paczki Day**.

Germany - **Fasnacht Day** (also spelled Fausnacht Day and Fauschnaut Day).

In France they call it [Mardi Gras](#), which means Grease or **Fat Tuesday**.

In Iceland the day is known as "**Sprengidagur**" (*Bursting day*).