



## CREPES

### Crepes

Crepes are the European cousin of American pancakes. These crepes are just so popular in France, so much so that the French even have a day dedicated to them. La Chandeleur, or Crepe day (February 2nd), is a French holiday during which crepes are traditionally eaten for dinner.

Ready in: 25 minutes

Servings: 10 crepes

### Ingredients

3 deciliters milk  
3 large eggs  
2 tbsp. melted butter  
2 tsp. sugar for savory crepes, OR  
2-3 tbsp. sugar for sweet dessert crepes  
½ tsp. salt  
110 grams flour

### Filling ideas for sweet crepes:

Nutella and banana  
Berries and cream  
Banana and caramel/butterscotch  
Chocolate and strawberries  
Lemon curd or passion fruit curd  
Ice cream, nuts and chocolate sauce

### Filling ideas for savory crepes:

Ham and cheese  
Chicken and mushroom  
Ham and eggs  
Sauteed mushrooms  
Shrimp  
Bacon and eggs

1. Place the milk and eggs in a jug or bowl. Whisk to combine.
2. Add the butter and whisk it in.
3. Place the flour, salt and sugar in a large bowl.
4. Add about 2-3 deciliters of the liquid and mix gently to form a smooth paste. This should not take more than a few seconds. Take care not to over-mix.
5. Add the rest of the liquid and mix to form a smooth, watery batter.

6. Cover the batter and let it rest for at least 20 minutes.
7. Preheat a non-stick pan over medium heat.
9. Always mix the batter first, before you make each crepe. This is to make sure the batter is uniformly mixed.
10. Pour about 1 deciliter of the batter into the hot pan, and swirl to coat the bottom of the pan. Swirl and spread the batter along the edge of the pan first and then fill the middle with the remaining crepe batter. Make sure the batter is as evenly spread as possible.
11. Place the pan back on the heat to let the crepe cook. Cook the crepes until the edges are starting to brown become a little crisp (about 40 seconds). Flip the crepes over and cook for a further 10-15 seconds on the other side until the crepes have caramelized spots.
12. Repeat until all the batter is used up, but remember to mix the batter each time.
13. Add your favorite filling to each of your sweet or savory crepes and fold them.

Enjoy!