

Crepes Made Easy



Tips:

1. Crepes sound fancy, but they're actually very easy to make and exceptionally versatile. You can have them filled with fresh fruit, yogurt and whipped cream; stuffed with banana and Nutella (chocolate spread); wrapped around scrambled eggs; warmed with melted cheese with or without meat, chicken or fish - your imagination is the only limit!

2. 3 keys to success:

- I. Use a **flour** with **gluten** in it to keep the **crepe** from falling apart when you cook and turn it over in the pan.
- II. Make sure the **batter** is fluid enough as shown in step 3 to spread easily and thinly over the pan surface.
- III. Make sure the pan is hot enough as shown in step 4 both to brown the **crepes** and help keep them from sticking to the pan surface.

Preparation Time: 5-10 minutes

Cooking Time: about 3-5 minutes per crepe

Ingredients

(for 6-8 crepes about 9-inches (23 cm) in diameter)

1 Egg

Dash of Salt

1 Tablespoon Sugar (optional)

1 cup (140 grams) Flour (I like using whole wheat pastry flour for its finer consistency, but any flour with gluten will work)

1 Teaspoon Vanilla Extract

About 1 1/2 Cups (360 ml) Milk

Butter



Equipment

Measuring Cup

Tablespoon

Teaspoon

Mixing Bowl

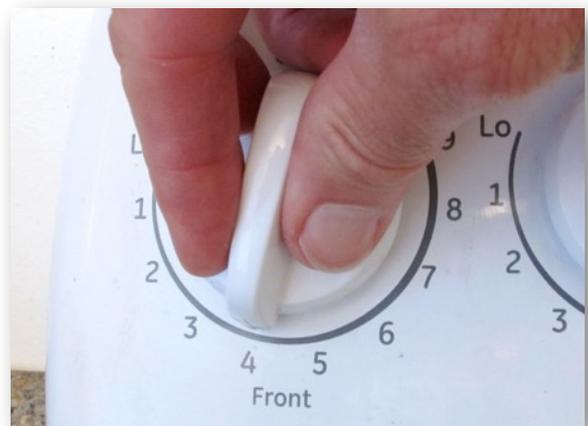
Whisk

Ladle or Large Spoon

10-Inch Frying Pan
Spatula
Table Knife
Dinner Plate

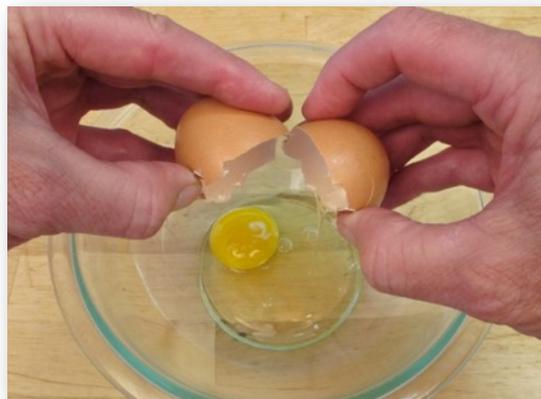
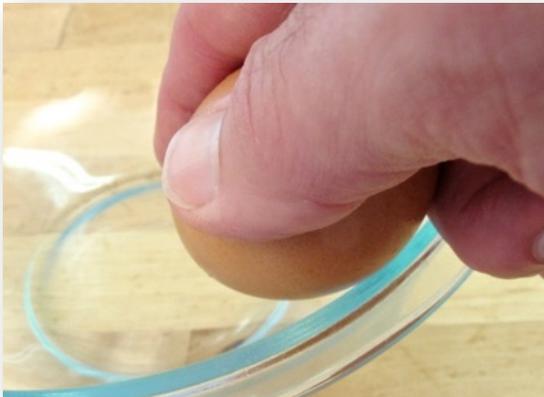


1. Put the frying pan on the stove, and turn on the burner to **MEDIUM** heat.

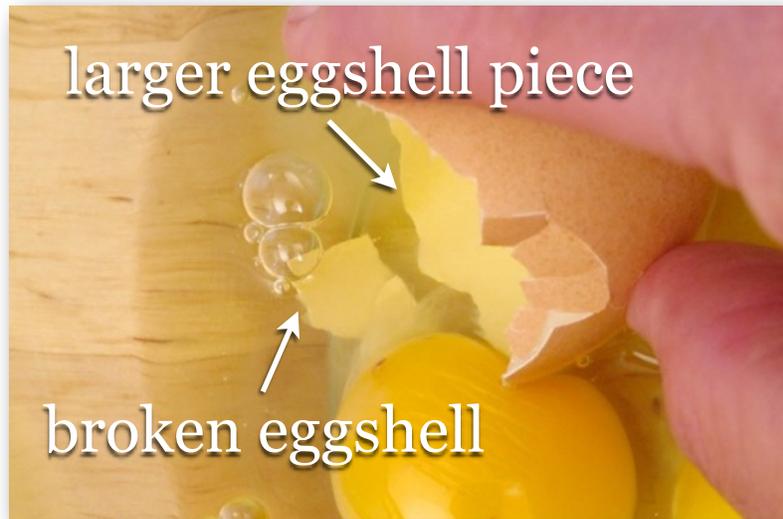


2. While the pan warms, make the **batter** by adding the following **ingredients** to a mixing bowl:

1 egg - tap the **egg** on a firm edge, press into the **crack in the shell**, and pull apart the **two shell pieces** to release the **egg white** and **yolk** into the bowl.



NOTE: If necessary, use a **larger eggshell piece** to attract and scoop up any **smaller pieces of broken eggshell** in the bowl.



Dash of salt



1 teaspoon vanilla extract



1 cup (140 grams) flour.



1 tablespoon sugar (optional - I usually leave **sugar out of the batter so that I can use the crepes with either savory or sweeter toppings)**



3. Add a good shot of milk,...



...and use a whisk (or fork) to stir the **batter** until all the **ingredients** are completely mixed together and as lump-free as possible as shown in the right photo below.



Add and stir in more **milk** until the **batter** is thin enough to run off a spoon about as shown in the photo to the right below.



4. Check the frying pan for the proper cooking temperature by wetting your fingers with tap water and flicking the water onto the pan surface. The water should sizzle and evaporate. (**NOTE:** If the water sizzles and evaporates in a puff as soon as it hits the pan, move the pan to a cool burner for a few minutes. Turn down the stove heat setting on the burner you originally used, and heat the pan again. If the water doesn't sizzle, keep warming the pan until the water sizzles on contact.)



5. When the pan is warm enough to cook, add a **1/4 - 1/2 inch slab** (5-10 mm) of **butter** to the pan.



Swirl the **butter** in the pan by holding the pan handle and rolling your wrist until...



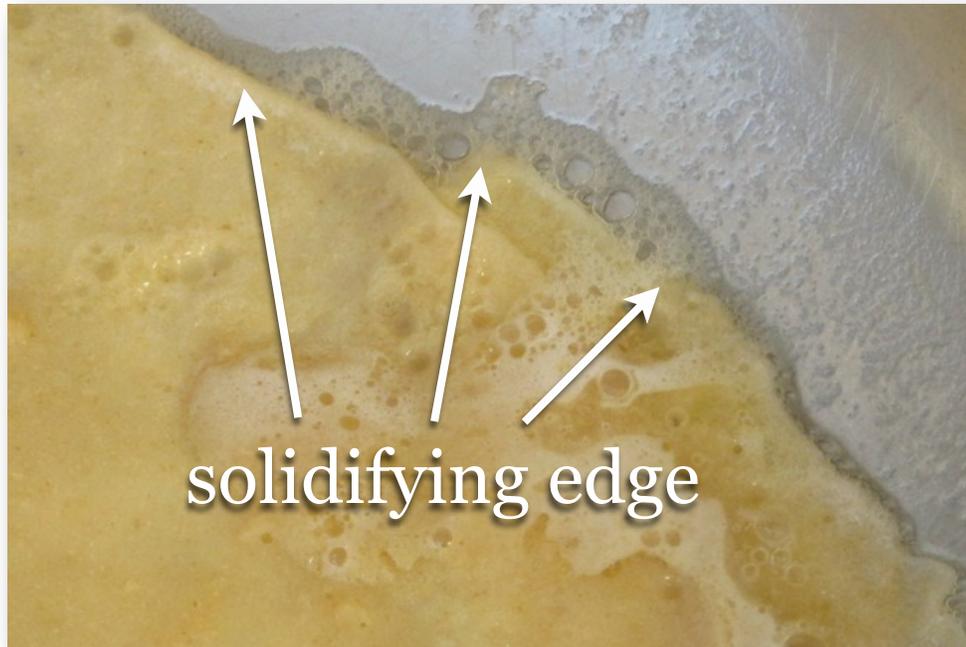
...the pan surface is coated evenly with **melted butter** like this.



6. Ladle the **batter** into the pan and roll the pan again to spread the **batter** thinly and evenly as shown in the picture to the right below.



7. Cook for 1-2 minutes (or longer, especially for the first crepe in the batch) until the **edge of the batter** solidifies and...



...the **bottom of the crepe**, when gently lifted with a spatula, has browned lightly.



When the **bottom of the crepe** has browned as shown above, slide a spatula under the **crepe**, and turn it over bottom-side up.



8. Cook for another 30 seconds to 1 minute until the **bottom of the crepe**, when lifted again with a spatula, is lightly browned about as shown here.



9. When the **crepe** is fully cooked as shown above, slide the **cooked crepe** out of the pan onto a plate, and...



...repeat steps 5-9 until all the **batter** is finished.



10. Serve warm with your **favorite toppings**.

Here are two of my favorites: **crepes with nut butter, yogurt, fresh fruit, dried fruit, whipped cream and a shot of cereal (left)** and **crepes with leftover vegetables and cheese (right)**.



11. Store **unused crepes** by covering them with plastic wrap and refrigerating for about 1 week.

