



In the Kitchen with Mari

Home Made Crepes

From November, 2011 Letter from Mari

When in Europe, we find ourselves making more crepes, following the French tradition of homemade crepes. We enjoy the flexibility of this recipe, which can go in a savory or sweet direction, and from a main course to a dessert or snack.



Ingredients:

250 grams (about 2 cups) flour
3 eggs
1 liter (about 2 cups) milk
A pinch of salt

Topping choices:

Caramel sauce
Nutella and banana
Sugar
Grated cheese (in this case, fold the crepe into quarters and heat about 20 seconds in the microwave).
Sunny-side-up egg

Method:

Mix the flour and eggs. Gradually stir in the milk until you get a smooth, thin, pancake batter-like consistency.

Allow the batter to rest about 1 hour at room temperature.

Wipe a pan (Mari uses a crepe pan, while her Californian friend uses a seasoned, cast iron pan...many like Teflon as well).

Pour a half-ladle of batter into the pan (or use whatever method you would like to get a thin layer of batter onto the pan.

Wait until you see bubbles in the middle and the edges of the crepe start to dry out.

Turn the crepe and cook on the other side for another 10 seconds.

The crepe should retain an egg-y/yellow color and be paper-thin. Serve with any of the toppings suggested above, or make up your own.

Enjoy!