




Buckwheat Crepes

Galette au sarrasin

 6 crepes

 5 mins prep time

 20 mins total time

 Easy

INGREDIENTS

- 1 egg
- 2 1/8 cup (250 g) buckwheat flour
- 500 ml of water/milk
- 1 tsp (5 g) salt
- 1 1/2 tlp (20 g) melted salted butter
- Optional: herbs of your choice



DIRECTIONS

Mixing the ingredients

1. In a mixing bowl, whisk the flour and salt together.
2. Create a well in the middle of the dry ingredients, crack the egg inside this whole and slowly mix the egg, incorporating it with the flour.
3. Add the rest of the wet ingredients (butter, water/milk) little by little and mix for about 2-3 minutes until the batter is very smooth.
4. If possible, give the batter a 30 minute rest time which helps the flavors assimilate.

Cooking the crepe

Tools: 8-10 inch nonstick fry pan, thin tipped spatula, oil/butter, $\frac{1}{4}$ or $\frac{1}{3}$ measuring cup or ladle

1. Heat the frying pan over medium and add a small amount of butter or oil. This will need to be reapplied after each crepe as it adds to the golden-brown color and the rising of the crepe from the pan.
2. Whisk the batter again before cooking as some ingredients can settle to the bottom.
3. Before placing the crepe batter on the pan, place your hand right above the pan to make sure the pan and the oil are heated well.
4. Using a small measuring cup or ladle, scoop about $\frac{1}{3}$ cup of the batter. The amount of batter will depend on the pan size, but the batter should rest very thin on the pan.

5. With the other hand, take the fry pan and hold the handle in the 6:00 position.
Place all the batter on the side of the pan in front of the 6:00 position.
6. Pick up the pan and angle it so the batter falls around into a clockwise/counterclockwise position all the way back to the 6:00 position covering the entire pan.
7. Have holes in your crepes? Quickly cover and holes with the existing batter in the pan or take a very small amount of batter from the bowl to cover them.
8. Cook for about 1-2 minutes on the first side (timing this depends on the type of batter). Peak under the crepe to see that lightly golden brown spots appear and the spatula slides easily under, if it does, then it's ready! Another quick hint to know the crepe is ready for flipping is that the edges are golden brown.
9. Flipping the crepe: take the spatula and going around the boarder of the crepe separating it from the pan, and then slip the spatula underneath.
10. Flip the crepe to the other side and cook for about 30 seconds, or until it's slightly golden brown.
11. Place the crepe on a plate and begin the next crepe starting with step 1 again.
12. Between every 5 crepes give the batter a quick whisking to be sure the ingredients remain evenly mixed.
13. Crepes can be stacked high on the same plate. They hug and keep each other to keep warm and a pot lid can be added on top to help keep them warmer.
14. Place your filler in the crepe. Fold your crepe and bon appetit!

Bon Appetit!
Emilie Anne 



