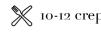
French Ex Cuisine

MADE SIMPLE

French Sweet/Salty Crêpes



 10^{-12} crepes 75^{-5} mins prep time 30^{-12} mins total time $5^{-4/5}$ Nutrition score

INGREDIENTS

- 2 cups (250 g) sifted flour
- 2 1/8 cups (500 mL) milk
- 3 eggs
- Pinch of salt
- 2 tablespoon of oil

- Salty crepes:
- 2 tbsp sugar
- second pinch of salt
- cheese, eggs, etc. for fillings
- Sweet crepes:
- 3 tbsp sugar
- 1 tbsp of vanilla OR •
- 1 tbsp of amber rum •
- Nutella or your favorite jam

Doubling the recipe is good idea for a hungry family *



DIRECTIONS

- 1. Put the eggs, milk, oil, and salt in a bowl and whisk together until nice and smooth.
- 2. Add the vanilla or amber rum if doing sweet crepes and whisk.
- 3. Add the sugar and whisk.
- 4. Add the flour slowly to the mix and whisk quickly.
- 5. Take a crepe pan, or a non-stick pan, and add a little butter allowing it to melt on medium-low heat.
- 6. Spoon a small ladle amount of batter gently onto the pan.
- 7. **Pick up the pan and swirl the batter around** making circular motions with your wrist so that the crepe circles towards the border of the pan.
- 8. Ideally, the crepe should be round and have a thin layer of batter in the pan. Don't worry if your crepe isn't perfect! It might take you a few times before you get a nice circle. The taste is the most important!
- 9. When the batter starts to bubble, take the spatula and give it a quick flip to the other side.
- 10. Cook the crepe until it turns golden brown. I would recommend cooking the crepes with two pans going at the same time. This way you can eat faster!
- и. Spread your favorite jam or Nutella and enjoy!

(The crepes will conserve in the frig for 2 days, and the batter for 3-4 days.)

Bon Appetul Emilie Anne M

