

# French Cuisine

MADE SIMPLE

## French Sweet/Salty Crêpes

 10-12 crepes



5 mins prep time



30 mins total time



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!
11. 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 Appetit!*  
*Emilie Anne* 

