

Crepes

A crepe is simply a thin, tender pancake which can wrap around an endless variety of fillings, including leftovers. As an appetizer, entrée or dessert, crepes can add elegance to any meal occasion.

Crepe-making is a skill, but not difficult to learn, especially if you follow the directions given below. With a little practice, you'll find it takes no time at all to prepare a batch of crepes.

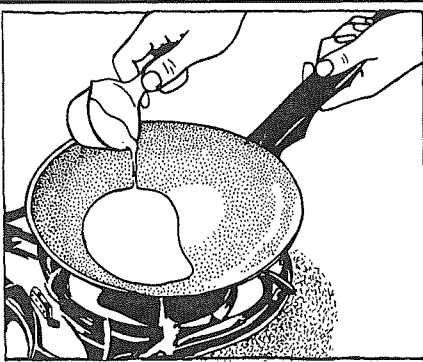
Just remember, there are two keys to success. First, ensure that your pan is the correct temperature, just hot enough to sizzle a droplet of water; and second, the batter is similar in consistency to that of heavy cream.

Now you're ready to go. Carefully read our directions, mix up the crepe batter, heat the pan, and Get Cracking!

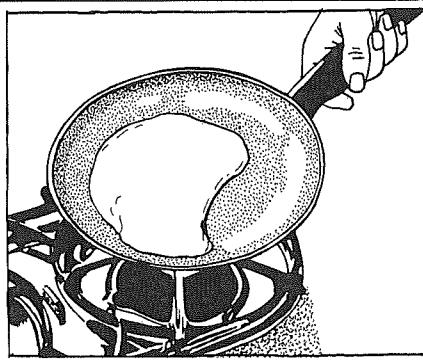
How to make Crepes

Using the traditional pan:

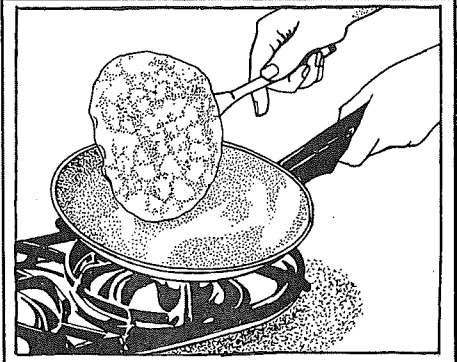
(a 15 - 20 cm (6 - 8 inch) slope-sided pan with or without non-stick finish)



1. Pour 25 - 50 mL (2 - 4 Tbsp.) of batter into pre-heated, lightly buttered pan. The pan is hot enough if it sizzles a droplet of water.

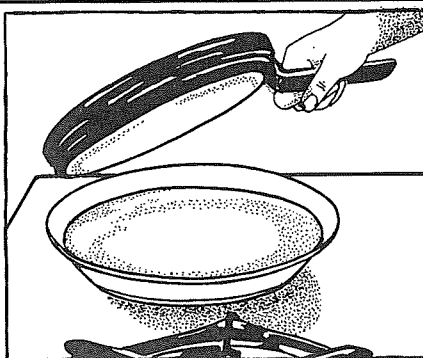


2. Immediately rotate and tilt the pan so the batter covers the entire surface in an even, thin layer.

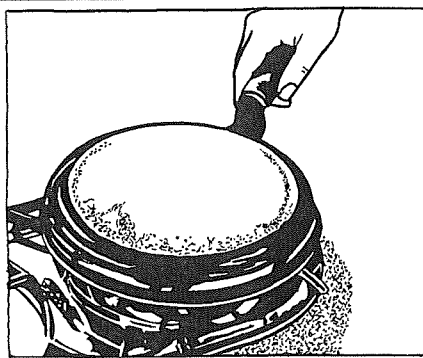


3. Cook the crepe until the edges are lightly browned and the top loses its wet look, about 30 seconds. Turn crepe out of pan onto a plate.

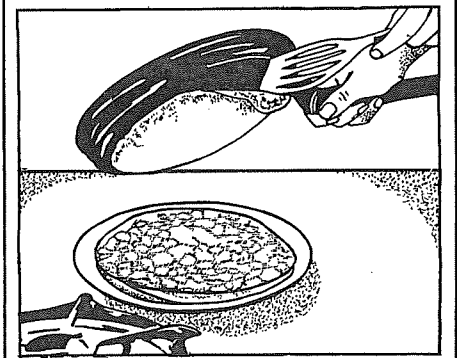
Using the upside-down crepe maker (dip pan):



1. Dip preheated pan into batter, tilting pan so entire surface of pan is coated with a thin layer of batter.



2. Gently but quickly lift up, invert the pan, and return it to the heat. Cook the crepe until the edges become lightly browned and the top loses its wet look.



3. Remove the pan from the heat and invert over the plate. Loosen the edge with a spatula and let the crepe peel off onto the plate.

How to make the batter

All Purpose Crepe Batter

4 eggs	4
1 mL salt	½ teaspoon
500 mL flour	2 cups
500 mL milk	2 cups
50 mL melted butter	¼ cup

Mixer or whisk method:

In a medium-size mixing bowl, combine eggs and salt. Gradually add flour alternately with milk, beating with an electric mixer or whisk until smooth. Beat in melted butter.

Blender method:

Combine all ingredients in blender jar; blend for about 1 minute. Scrape down sides with rubber spatula and blend for another 15 seconds or until smooth.

Refrigerate the batter for at least one hour to allow the flour to expand and the air bubbles to collapse. During this standing time, the batter may thicken but can easily be thinned with the addition of milk or water.

How to handle baked Crepes

For immediate use:

Stack crepes as they are baked and keep covered. Store at room temperature.

To refrigerate:

Wrap stacked crepes well in foil or plastic wrap and store in refrigerator for no more than two or three days. Let the crepes stand at room temperature about an hour before filling or serving.

To freeze:

Separate crepe layers with wax paper and put in a tightly sealed container. Crepes will freeze well for up to four months but handle with care as frozen crepes are fragile and will break easily.

- Allow crepes to thaw completely before unwrapping and separating to prevent tearing.
- Filled crepes may be frozen but use discretion in selecting fillings. Choose foods that normally freeze well and remember that crepes absorb liquid easily and become soggy.

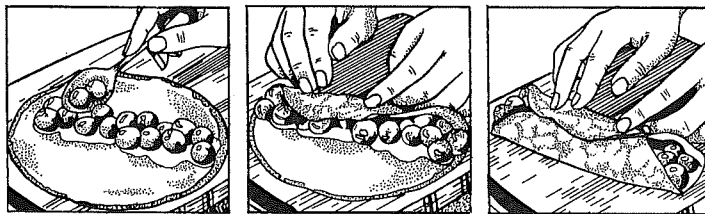
Filling the Crepes

From here, you're on your own. Crepes may be filled with anything from eggs, fish, and fruits, to meats, poultry, and vegetables. There are three steps to most crepe dishes: the crepes; the filling, bound in a sauce; and a sauce to cover all.

Crepes are a great boon to have on hand in your freezer so that you can whip up an impromptu but elegant meal with whatever bits and pieces you may have in your refrigerator, bound together in a simple cream sauce.

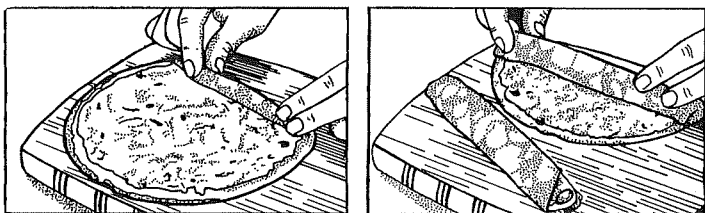
Oh yes, let's not forget the dessert crepe. Try fresh fruit enfolded in a crepe topped with whipped cream. A spectacular finish to any meal!

How to fold the Crepes



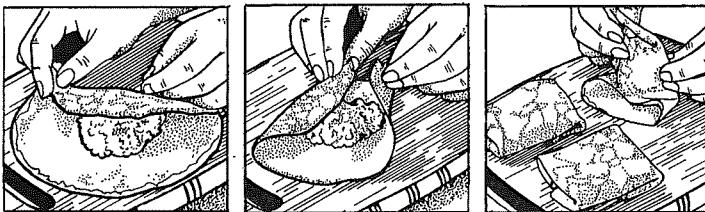
Fold-over:

1. With the crepe wrong side up, spread filling along center of crepe.
2. Fold one side over, covering most of the filling.
3. Fold over opposite side, overlapping first fold.



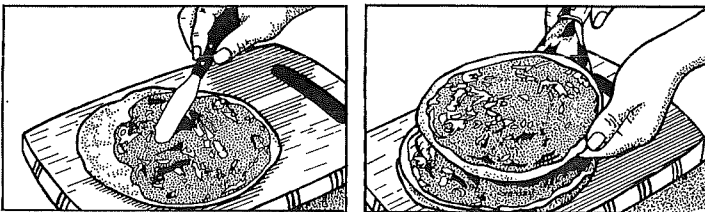
Roll-up:

1. With wrong side up, spread filling over whole surface of crepe.
2. Starting at one side, roll up like a jelly roll.



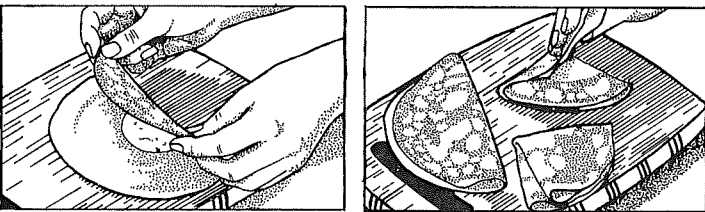
Pocket fold:

1. With wrong side up, spoon filling on center of crepe and fold bottom of crepe over almost half of filling.
2. Fold right side over the filling and then fold left side over to overlap the right side.
3. Fold top of crepe down over both sides.



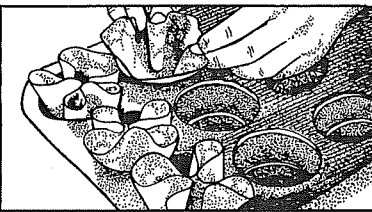
Stack or Gateau:

1. With crepe right side up, spread filling over each crepe, leaving about 5 mm border around edge.
2. Stack one filled crepe on another to desired height.



Crepes Suzette Fold:

1. Place crepe wrong side up and spoon filling on center of crepe. Fold in half.
2. Fold in half again, forming a triangle four layers thick.



Cups:

1. Carefully place crepe, right side up, into a greased muffin tin, arranging the ruffled tops. Fill as desired.



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