**CRÊPES**

Makes 6-8.

One recipe per 2-3 people.

![C:\Users\Vint\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\H2GF2FA4\MM900356720[1].gif]()*A crêpe (or crepe) is a type of thin “pancake” that can be eaten plain or with an almost endless variety of fillings and/or toppings, both savoury and sweet.*

60 mL cold milk (skim, 1% or 2%)

60 mL cold water

1 egg

½ mL salt

15 mL oil

125 mL all-purpose flour **OR** Instant blending flour \*

***\* Note:*** *Instant blending flour thickens more, so liquid amounts will likely need to be increased. When using all-purpose flour, if time permits, allow the batter to stand (covered) in the fridge for at least one hour to allow the flour to expand and the air bubbles to collapse. If batter thickens, thin it with a small amount of milk or water.*

1. Combine milk, water and oil in a liquid measure. In a medium mixing bowl, beat egg and salt together with an electric mixer on medium speed.
2. Gradually add the flour and the milk mixture **alternately** to the beaten egg. Beat on medium speed until batter is smooth.
3. Heat a small omelette pan on medium-high (#6-7). It is hot enough when a drop of water sizzles before evaporating. Lightly coat pan with oil or non-stick cooking spray.
4. Remove pan from heat and pour 30 mL of batter onto the pan. Working **quickly**, lift and tilt the pan in a swirling motion to spread batter evenly over the bottom of the pan and up to the sides.

 ***\*Note****: If batter is not thin enough, it will not evenly coat the bottom of the pan. Add more water to the remaining batter to thin it down, if necessary.*

1. Return pan to heat and cook the crêpe until the edges and bottom of crêpe are a pale golden brown and the top loses its wet look.

 ***\*Note:*** *If edges crack, pan is too hot or batter is too thin.*

1. Invert (turn over) the pan over a large plate to remove crêpe,
2. Repeat with remaining batter, lightly greasing pan occasionally, as necessary, if crêpes start to stick.
3. To store for later use, remove crêpes from plate, wrap well in plastic wrap and label with block and unit #.

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