

FRENCH CRÊPES

Prep: 10 minutes | Cook: 10 minutes | Yield: 25-30 crêpes

INGREDIENTS

300 g all-purpose flour
3 tbsp sunflower or vegetable oil
1 goose egg (or 3 chicken or duck eggs)
2 ½ c (20 fluid ounces) whole or 2% milk

for sweet crêpes:

3 tbsp sugar, or to taste (optional)
50 ml vanilla extract, rum, orange blossom water, or some orange or lemon zest
2 pinches Kosher salt

for savoury crêpes:

1 tsp granulated onion (optional)
1 tsp granulated garlic (optional)
1 tsp Kosher salt

METHOD

Put the flour in a large bowl and make a well in the center. To the well add the egg, oil, and if using, sugar and/or salt and/or dry spices. Mix with the whisk or a hand-held mixer (recommended) and, little by little, add the milk until you have a mixture that looks like a thick liquid.

If you're making sweet crêpes, now add the flavourings (vanilla extract, orange blossom water, etc).

Heat a nonstick 7" or 8" pan, add a few drops of oil and then wipe with a paper towel. Lift the pan and pour a small ladle of the mixture (about a ¼ cup) while tilting and swirling the pan to spread the mixture all around the pan to about the size of a dinner plate. Put it back on the heat and wait until the first side is cooked. You'll see little bubbles appear.

Lift the crêpe edge with a knife and flip to cook the other side -- you can also use a silicone spatula. The second side needs to cook just briefly, until you start to see brown spots on the cooked side. Both sides should take about 30 seconds to cook.

Stack the finished crêpes on a plate. Add the fillings you want, fold in half and then in half again. You can keep finished crêpes warm in a 200F oven, or warm them up briefly in a pan on the stovetop.

BON APPÉTIT!



Recipe from **Marine Fabre** - a French visitor to the farm through WWOOF
Recipe photographed by **Chatsworth Farm**