



CREPES

What you need:

140g of our everyday flour mix
Pinch of salt
20ml canola oil or similar
1 egg size 7 @ room temperature
385ml milk (note 1)



To Make:

Measure the flour and salt into a jug bowl. Make a well in the centre then add the egg, oil and half the milk. Whisk together until smooth. Add the remaining milk and whisk again. Cover the bowl and leave in the fridge for 30 minutes (the batter will thicken a little). Heat a frying pan over a medium heat. Brush the pan with a little oil. Pour enough batter into the centre of the pan to create a thin base. As you do this tilt and tip the pan gently so that it swirls over the base. Cook for approx. 2 minutes or until bubbles appear and the batter changes colour. Flip over and cook for a further 30-40 seconds. Slide onto a plate with baking paper. Lay another sheet over the crepe and continue until all the batter is used up. Makes 8-10 crepes (13-15cm across)
Use for your favourite sweet or savoury dishes.

Note:

1. For dairy free use non dairy milk of choice

Tip:

If not using straight away, leave the crepes to cool then wrap and freeze. As the crepes are layered between baking paper, they are easy to separate and use as needed.