

Crêpe

A **crêpe** or **crepe** (/kreɪp/ ^[ⓘ] or /krɛp/, French: [kʁɛp] ^[ⓘ], Quebec French: [kʁaɪp] ^[ⓘ]) is a very thin type of pancake. Crêpes originated in Brittany, a region in the west of France, during the 13th century,^[2] and are now consumed around the world. Crêpes are usually one of two varieties: *sweet crêpes* (*crêpes sucrées*) or *savoury galettes* (*crêpes salées*). They are often served with a wide variety of fillings such as jam and Nutella.^[3] Crêpes can also be *flambéed*, such as in crêpes Suzette.

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Crêpe



A stack of crêpes

Alternative names	Crepe
Type	Pancake
Place of origin	Brittany, France
Serving temperature	Warm, hot or cold
Main ingredients	Wheat flour or buckwheat flour, milk, eggs
<div> Cookbook: Crêpe</div> <div> Media: Crêpe</div>	



A sweet crêpe opened up, with whipped cream and strawberry sauce on it



Video demonstration of preparing crêpes

Etymology

The French term "crêpe" derives from *crispa*, the feminine version of the Latin word *crispus*, which means "curled, wrinkled, having curly hair".^[4]

The term "galette" derives from the Old French word *galete*, a diminutive of the Norman dialect word *gale*, which means "kind of flat cake." This term probably came from the feminine derivative of Picard & Norman *gal*, meaning "pebble," which in turn came from the pre-Latin **gallo-*.^[5]

Traditions

In France, crêpes are traditionally served on Candlemas (*La Chandeleur*), on February 2nd.^[6] This day was originally Virgin Mary's Blessing Day, but became known in France as "Le Jour des Crêpes" ("The Day of the Crêpes").

In 472, Roman Pope Gelasius I offered *Crispus* (later said Crêpes) to French pilgrims that were visiting Rome for celebrating the Chandeleur.^[7] They brought back the tradition to France together with the superstition that holding a coin in one's left hand while flipping a crêpe in a pan with one's right hand would make that person rich for a year.^{[8][9]}

Types of crêpe

Sweet crêpes are generally made with wheat flour (*farine de blé*). When sweet, they can be eaten as part of breakfast or as a dessert. Common fillings include Nutella spread, preserves, sugar (granulated or powdered), maple syrup, golden syrup, lemon juice, whipped cream, fruit spreads, custard, and sliced soft fruits or confiture.

Savory crêpes are made with non-wheat flours such as buckwheat. A normal savory crêpe recipe includes using wheat flour but omitting the sugar.^[10] Batter made from buckwheat flour is gluten-free, which makes it possible for people who have a wheat allergy or gluten intolerance to eat this type of crêpe.^[11] Common savoury fillings for crêpes served for lunch or dinner are cheese, ham, and eggs, ratatouille, mushrooms, artichoke (in certain regions), and various meat products.

Crêpes can also be made into crepe cakes by adding the plain crepes on top of each other, and within the two layers adding a layer of cream. Fruits, chocolate, cookies, marshmallow, etc., can be added. Most of the crêpe cake is sweet and it is usually considered as a dessert. It can also replace the traditional birthday cake. Crêpe cakes are usually 15-30 layers, and the crêpes used are very thin and soft.^[12]

Batters can also consist of other ingredients such as butter, milk, water, eggs, flour, salt, and sugar.^[13] Fillings are commonly added to the center of the crêpe and served with the edges partially folded over the center. An Indian variety of the crêpe uses a multi-grain flour called "bhajanee", eggs, curd, and an assortment of spices as its ingredients. It is a modern variation of an Indian dish called Thalipeeth.

A cake made with layers of crêpes with a filling in between is called "gâteau de crêpes" or “ミルクレープ(mille-crêpes)” (a Japanese-made French word combining crêpes and mille-feuille).^[14] This French pâtisserie,^{[15][16]} was popularized by Emy Wada, a pâtissier who studied in France^[17] and operated Paper Moon Cake Boutiques in Japan, in the 1980s. In 2001, she expanded to New York City where she supplied crêpe cakes to popular chains Dean & DeLuca and Takashimaya through the company Lady M.^[18]

Recipe

A standard recipe for crêpe calls for flour, eggs, milk, and salt. Sugar is optional. Beer can substitute for some of the milk. Buckwheat flour is often used for recipes. The batter is added, one ladle at a time, to a hot greased pan, and cooked until golden, then flipped.

Crêperies

A **crêperie** may be a takeaway restaurant or stall, serving crêpes as a form of fast food or street food, or may be a more formal sit-down restaurant or café. Crêperies can be found throughout France and in many other countries, but especially in Brittany. Many also serve apple cider, a popular drink to accompany crêpes.

Special crêpes

Mille crêpes(ja) are a French cake made of many crêpe layers. The word *mille* means "a thousand", implying the many layers of crêpe.^[19] Another standard French and Belgian crêpe is the *crêpe Suzette*, a crêpe with lightly grated orange peel and liqueur (usually Grand Marnier), which is lit during presentation.^[20]

The **49er flapjack** is a sourdough crêpe which is popular in the United States,^[21] getting its name from the popularity of this style of pancake during the California Gold Rush. Because it is similar to a Swedish pancake, the 49er is sometimes served with lingonberry sauce, although most often it is rolled up with butter and powdered sugar, or served open-faced and topped with maple syrup.

Crêpe dentelle is a crispy biscuit made with a very thin layer of crêpe folded in a cigar shape and then baked. It is usually enjoyed with a hot drink during the *goûter*, in France.^[22]

Crêpes in European culture

In Norwegian, crêpes are called *pannekake*, in most German regions *Crêpes* (referring to a wide and flat crêpe, as opposed to the smaller and thicker native *Pfannkuchen* pancakes). In Swedish, a crêpe is called *pannkaka* in southern regions while being called *plättar* in the north, in Danish, *pandekager* ("pancakes"), in Icelandic it is called *pönnukaka*, in Finnish a crêpe is called either *ohukainen* or *lettu* or *räiskäle*, in Greek it is *krepa* (Κρέπα), in Dutch it is a *pannenkoek* or *flensje*, and in Afrikaans a *pannekoek*, which is usually served with cinnamon and sugar. In the Spanish regions of Galicia and Asturias, they are traditionally served at carnivals. In Galicia, they're called *filloas*, and may also be made with pork blood instead of milk. In Asturias, they are called *fayueles* or *frixuelos*, and in Turkey, *akıtma*.



A small crêperie



Crêperie in Germany



Mille crêpes

In areas of central Europe, formerly belonging to the Austro-Hungarian empire, there is a thin pancake comparable to a crêpe that in Austro-Bavarian is called *Palatschinken*; in Hungarian: *palacsinta*; and in Bulgarian, Macedonian, Czech, Serbo-Croatian, and Slovene: *palačinka*; in Slovak: *palacinka*. In the Balkan countries, *palačinka* or *pallačinka* may be eaten with fruit jam, quark cheese, sugar, honey, or the hazelnut-chocolate cream Nutella, while there is also a breaded variant which is mostly filled with meat. Restaurants which are specialised in palačinci are called "Palačinkara" in the region. In Ashkenazi Jewish cuisine, there is a similar dish known as the blintz. The *Oxford English Dictionary* derives the German and Slavic words from the Hungarians *palacsinta*, which it derives from the Romanian *plăcintă*, which comes in turn from classical Latin *placenta* ("small flat cake"), even though the Romanian *plăcintă* is more similar to a pie, and the crêpes are actually called *clătită*.

During the Russian celebration of Maslenitsa (Russian Butter Week), one of the most popular foods are blini, or crêpes. Since they are made from butter, eggs, and milk, crêpes are allowed to be consumed during the celebration by the Orthodox church. White flour can be replaced with buckwheat flour and milk can be switched for kefir, and oils can be added or substituted. Blini are served with a piece of butter and topped with caviar, cheese, meat, potatoes, mushrooms, honey, berry jam, or often a dollop of sour cream. The dish is supposed to represent the sun since the holiday is about the beginning of the spring.^[23]

Crêpes outside of Europe

Crêpes have also long been popular in Japan and Malaysia, with sweet and savory varieties being sold at many small stands, usually called crêperies. In Argentina and Uruguay, they are called *panqueques* and are often eaten with dulce de leche. Various other French foods such as crêpes, soufflés, and quiche have slowly made their way into North American cooking establishments.^[24] Typically, these franchises stick to the traditional French method of making crêpes but they have also put their own spin on the crêpe with new types such as the hamburger and pizza crêpe.

In Mexico, crêpes are known as *crepas*, and were introduced during the 19th century by the French^{[25][26]} and are typically served either as a sweet dessert when filled with cajeta (similar to dulce de leche), or as a savoury dish when filled with Huitlacoche (corn smut), which is considered a delicacy.

Similar dishes in other cuisines

In South India, a crêpe made of fermented rice batter is called a dosa, which often has savory fillings. In Western India, a crêpe made of gram flour is called "Pudlaa" or "Poodla", with the batter consisting of vegetables and spices. Another variety is called "patibola" and is sweet in taste due to milk, jaggery, or sugar. The injera of Ethiopian/Eritrean/Somali/Yemeni cuisine is often described as a thick crêpe. In Somalia, Malawah (Somali: Malawax) is very similar to a crêpe. It is mostly eaten at breakfast.

In the Philippines, a native crêpe recipe is the *daral* which is made from ground glutinous rice and coconut milk batter (*galapong*). It is rolled into a cylinder and filled with sweetened coconut meat strips (*hinti*).^[27]

See also

- Bánh xèo
- Blintz
- Blodplättar, a form of savory crepe made with blood
- Brik
- Crêpe bretonne
- Crepe maker, crepe cooking device
- Dosa
- Galette, another kind of Breton pancake, also from Brittany, France
- Injera
- Jianbing, a traditional Chinese street food similar to crepe
- Kue leker, a traditional Indonesian crepe
- Krampouz, crepe maker manufacturer, also from Brittany, France



A plate of 49er flapjacks



A sweet crêpe filled with oats, berries, and topped with whipped cream



Frixuelos. This is a kind of crêpe made in Asturias, Spain.



Making Finnish crêpes called ohukainen



Chocolate-Coconut Crêpe served in crêperie near the Pantheon in Paris, France

- List of pancakes
- Maslenitsa
- Memiljeon
- Palatschinken
- Pek Nga, Malaysian crepe-like snack
- Popiah, Chinese roll wrapped in a thin crepe made by "wiping" dough on a hot plate
- Roti prata
- Sope
- Swedish pancake
- Tava

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External links

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