

CREPES

INGREDIENTS

1 cup / 150 g plain flour (all purpose flour)
1 1/2 cups / 375 ml milk (I use low fat)
2 eggs
3 tbsp / 40 g unsalted butter
1 tsp vanilla extract
2 tbsp white sugar
Pinch of salt

METHOD

Step 1:

Place Batter ingredients in a blender. Pulse 10 times, or until smooth and lump free

Place Batter in fridge for 1 hour

Step 2:

Heat a non stick skillet over medium high heat. Add 1/4 tsp butter and melt.

Step 3:

Add 1/4 cup batter (Note 2) and quickly swirl to spread. Cook the first side for 1 minute or until there are light golden brown patches. Flip and cook the other side for 30 seconds.

Step 4:

Slide out of the skillet onto a tray / board. Repeat with remaining crepes, overlapping them into the board.

THE COOKERY

by The Secret Jozi Chef