

# CREPES

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## 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