

Crepes

Courtesy of Stacey Marien and Sean Casey
AhealthyU Cooking Demonstration, April 28, 2020

Ingredients

- 2 eggs
- 2 tablespoons of melted butter
- 1 1/3 cups of milk
- 1 cup of flour
- 1/2 teaspoon of salt
- Non-stick cooking spray + 1/4 teaspoon of butter (for pan)

Tools

- Blender (or bowl and whisk)
- 8 or 9-inch pan or skillet
- Spatula (offset spatula recommended)

Directions

Place ingredients in a blender cover and process for 20 - 30 seconds (or whisk in bowl until batter is smooth). Crepe batter can be used immediately or refrigerated until needed. If it thickens, thin to the right consistency with a little milk (batter should be thin enough to run freely around the bottom of the pan).

Heat a small nonstick pan or skillet to medium/medium-high heat (the pan is at the correct temperature when the batter sizzles slightly when poured into the pan). Before cooking first crepe, add 1/4 teaspoon butter to the pan. Crepes should be flecked light brown and flexible but still pale in color. Flip crepe in pan to cook the other side.

Remove from pan, add desired filling(s) and serve immediately.

Enjoy!