

Crepes

Preparation time	5 minutes
Cooking time	30 minutes
Servings	4 (about 8 crepes)
Cost per serving	31¢
Storage	3 days in the fridge. Can be frozen.
Kitchen tools	Measuring cups and spoons, large bowl, fork, ladle, spatula, medium-size frying pan, plate, clean dish towel or aluminum foil.



Ingredients

IF YOU LIKE YOUR CREPES THINNER, ADD ANOTHER ½ CUP OF MILK.



250 ml (1 cup)
milk



250 ml (1 cup)
all-purpose flour

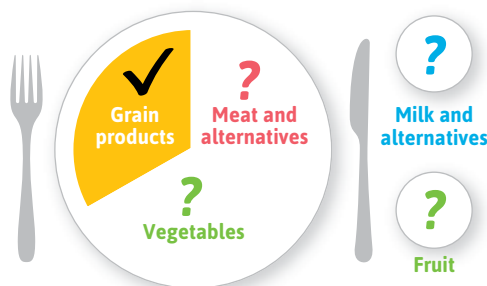


2 eggs



45 ml (9 tsp) **butter** or
non-hydrogenated margarine

Illustrations © Québec Amérique. All rights reserved (ikonet.com)


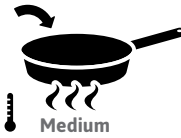

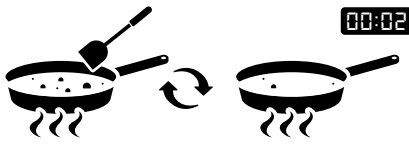
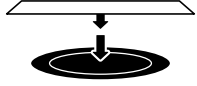



Balanced plate

To use these crepes as a main course, serve with:

- ? Meat and alternatives (chicken, eggs or nuts, for example)
- ? Vegetables or fruit of your choice
- ? Cheese or a glass of milk or fortified soy beverage

Directions

<p>1</p>	<p>In a large bowl, add the milk, flour, egg and 5 ml (1 tsp) of melted butter or margarine and mix with a fork until the crepe batter has a smooth and even texture.</p> <p>Variation: For dessert or breakfast crepes, add 5 ml (1 tsp) of vanilla and 1 ml (¼ tsp) of ground cinnamon.</p>	
<p>2</p>	<p>Heat a medium-size frying pan and add 5 ml (1 tsp) of butter or margarine.</p>	
<p>3</p>	<p>Add a ladleful (about 60 ml / ¼ cup) of the crepe batter in the frying pan and tip the frying pan so the batter covers the bottom of the pan in a thin layer.</p>	
<p>4</p>	<p>Cook the first side of the crepe until the edge is browned and a few small bubbles form on the surface. Using the spatula, flip the crepe and cook on the second side for about 2 minutes, or until the crepe is cooked.</p>	
<p>5</p>	<p>Place the crepe on a plate and cover with a clean dish towel or aluminum foil so it stays warm and moist.</p>	
<p>6</p>	<p>Add another 5 ml (1 tsp) of butter and repeat steps 3, 4 and 5 until all the batter is used up, stacking the crepes under the dish towel or the aluminum foil.</p>	

My rating: ★ ★ ★

This original recipe was developed by Extenso – The Université de Montréal reference centre on human nutrition