

# What's Cooking? Recipe

## **Pretty Basic Crepe Recipe**

Recipe by Chef Zoe Muller

### **Ingredients**

- 1 cup whole wheat or all-purpose flour
- ¼ teaspoon salt
- 1 cup low-fat milk or whole milk
- ½ cup water
- 2 teaspoons butter or coconut oil, melted
- 2 large eggs

### **Directions**

- 1) Spoon flour into a dry measuring cup; level with a knife.
- 2) Combine the flour and salt in a small bowl.
- 3) Add milk, water, melted butter, and eggs in a blender
- 4) Add the flour mixture to the milk mixture, and process until smooth. Cover the batter; chill for about 1 hour.
- 5) Heat an 8-inch nonstick crepe pan or skillet over medium heat.
- 6) Pour a scant ¼ cup batter into the pan; quickly tilt the pan in all directions so the batter covers the pan with a thin film.
- 7) Cook about 1 minute. Carefully lift the edge of the crepe with a spatula to test for doneness. The crepe is ready to turn when it can be shaken loose from the pan and the underside is lightly browned. Turn the crepe over, and cook for 30 seconds or until the center is set.
- 8) Place the crepe on a towel; cool completely. Repeat procedure with the remaining batter, stirring batter between crepes. Stack crepes between single layers of wax paper to prevent sticking.

### **Additional Notes:**

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