SAVORY CREPES

makes 10 – 12 9 or 10-inch crepes

INGREDIENTS

2 large eggs
1 cup whole milk
1/3 cup water
1/2 cup whole wheat flour
1/2 cup chick pea flour (found at Whole Foods or Asian markets)
1/2 tsp salt
2 tablespoons butter, melted, plus 3 teaspoons for coating the pan

METHOD

Place all the ingredients into a blender or medium size bowl and whisk together until completely blended. Add the melted butter and blend together.

Refrigerate mixture for at least two hours or up to 24 hours before using. This allows the flour to absorb the liquid batter. (I pour the batter into mason jars for easy storage and pouring later.)

To cook the crepes, you will need a nonstick crepe pan or flat cast iron skillet and a long metal spatula, and the melted butter with pastry brush or spoon.

Heat the pan on medium until hot. Brush the pan with a little melted butter. Pour in 1/4 cup of batter if using a 9 – 10 inch pan, less for a smaller sized pan. Lift the pan, tilting it slightly to allow the batter to completely cover the surface of the pan.

Cook until almost dry on top and lightly browned on the edges, about 1 minute. Loosen the edges with the metal spatula and carefully slide the spatula under the crepe, then flip it over.

Cook for another 15 seconds or until lightly browned. Take off the pan and place on a plate to cool. Repeat with the remaining batter.

Your crepes are now ready to be filled and eaten immediately or they can be wrapped and stored in the refrigerator for up to 3 days or the freezer for up to 2 month.

Crepes are deliciously versatile. Fill with sautéed spinach and mushrooms, or other favorite toppings.