

Crepes

Ingredients:

- 45g Butter, plus extra for cooking crepes (DF sub)
- 225g Plain Flour (GF sub)
- 2 Pinches of salt
- 3 eggs (EF sub)
- 2 ¼ cups milk (DF sub)
- 3 Lemons- cut into wedges
- ¾ cup caster sugar- placed in serving bowl
- ½ punnet Strawberries- sliced

Equipment:

- Ovenproof dish
- Scales
- Crepe frying pan
- Sieve
- Medium bowl
- Large bowl
- Measuring cups
- Whisk
- Fork
- Small ladle
- Egg flipper
- Dinner Plate
- Small saucepan



Method

1. Place the prepared strawberries, lemons and sugar on a serving plate and place on group table.
2. Weigh the butter on the scales and melt in a small saucepan over a medium heat, then put aside and allow to cool.
3. Weigh and then sift the flour and salt into a large mixing bowl and make a well in the centre.
4. Break the eggs into a medium bowl, add the milk and whisk together lightly. Add the cooled, melted butter to the milk and eggs.
5. Pour the egg/milk/butter mixture into the well in the flour and gradually fork in the flour. Using the whisk, mix until smooth. Put bowl into the fridge and let rest for 2 hours. **Take out a pre prepared batch when you put yours in the fridge.
6. If after the batter has rested, it is a little thick, add some more milk to thin it out. The consistency should be like pouring cream.
7. To cook the crepes, put a dab of butter on the pan to grease and then heat the pan over medium to high heat.
8. Spoon a ladle full of batter onto the pan and immediately lift and tilt the pan so the batter flows evenly over the base of the pan. Place the pan flat on the stove again, reduce the heat to medium-low and leave for one minute.
9. Shake the pan to ensure the crepe is not sticking and then use the egg flipper to flip the crepe over. After less than a minute on the second side remove from the pan and place in the waiting plate. Cover with foil to keep warm.
10. Continue repeating the process until you have used all the batter. You should be able to make about 14-16 crepes all up. Ensure you are making your crepes as thin as possible.
11. When all the Crepes are cooked, serve them up to the table and make a crepe using the preferred toppings.