



Savoury Crêpes with Mixed Salad

Serves: 1 | Prep: 10 min | Cook: 20 min | Source: #ParlezPantry

A crêpe or crepe (/kreɪp or krep/, French: is a very thin type of pancake. Crêpes originated in Brittany, a region in western France, during the 13th century, and are now consumed around the world.

Crêpes are usually one of two varieties: sweet crêpes (crêpes sucrées) or savoury galettes (crêpes salées).

They are often served with a wide variety of fillings such as jam or hazelnut cocoa spread. Crêpes can also be flambéed, such as in crêpes Suzette.

Ingredients

Crêpes (batter for 2):

- 55 g plain flour
- 140 ml milk
- 1 Oil (vegetable)
- 1 egg
- 2 tsp butter (melted)
- Salt (pinch)

Filling (entirely your choice):

- 1 tsp vinegar (balsamic)
- 1 strawberry
- 1 mushroom (sliced)
- 1 broccoli (floret)
- 1 tomato (indigo rose)
- Leafy salad
- Crushed walnuts
- Parmesan shavings



Method

1. Into a large bowl sift the flour and salt. Combine the egg and milk in a separate bowl then slowly pour the liquid into the dry ingredients. Whisk together until the batter is smooth add, 1 tsp of the butter and whisk for 20 seconds more. Set aside.
2. Place a 8" non-stick frying pan over a medium heat. Wipe the cooking surface area of the pan with the remaining melted butter using a sheet of kitchen paper.
3. To make the crêpe, heat a 8" crêpe pan until very hot. Drizzle in a small amount of oil and tip the pan to swirl the oil around. Ladle in two to three tablespoons of batter mix and immediately tilt the pan from side to side to get a thin, even layer of batter to cover the base of the pan.
4. Cook for around 30 seconds until the underside is golden then flip or turn with a palette knife. Slip the crêpe onto your warmed serving plate, keeping warm with foil if so desired.
5. Once cooked immediately fill and then fold the crêpe in half whilst you make the remaining crêpes. You may fold into quarters should you wish.