

Crepes



Ingredients

- 1 Cup of Flour (all purpose)
- 1 Egg
- 1¼ Cup Milk
- ½ teaspoon Salt
- 6 Tablespoons melted Butter

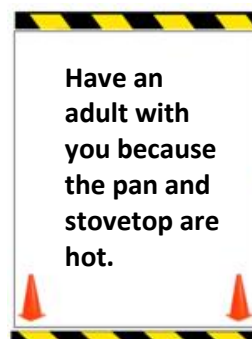


For chocolate dessert Crepes add 2 Tablespoons Cocoa Powder; or for dessert crepes add 2 Tablespoons of sweetener.

Directions:

1. In a **medium sized mixing bowl**, crack in one egg and break it up using the **whisk**. Add 1 cup of milk and the cooled melted butter then stir. Add 1 cup of flour and a pinch or two of salt. Whisking until all ingredients are blended. Cover the bowl and refrigerate for an hour.
2. After an hour, remove the crepe batter from the refrigerator and **preheat** pan on the stove using **medium** heat. After pan is hot, dip **pastry brush** in the 2 Tablespoons of melted butter and coat the bottom of the pan with butter. (this keeps the crepe from sticking).
3. After about 12 seconds using a **ladle** to scoop up batter, add just enough batter to coat the bottom of the pan. Swirl the batter so that it covers the bottom of the pan thinly. Place pan back onto the stove to cook the crepe batter.
4. After 2 minute the crepe will turn from liquid batter into solid crepe. When most of the top is dry and bubbled, gently loosen the crepe from the pan and check the bottom. The bottom should be slightly brownish in color, flip the crepe over so that the uncooked side will cook.
5. The 2nd side of the crepe may not bubble, but will brown. After about 30 seconds the crepe will be done. Remove crepe from the pan and place onto a **wire cooling rack**. Repeat until all crepes have been made.

Officer Andy's Safety Corner



Makes 10-16, 6 to 8 inch Crepes

Cooking Time: 15 minutes