

Cooking with Chef Catey
April 1-2, 2020

French Crepes with Flexible Fillings

Makes 15 crepes

Ingredients:

- 2 eggs
- $\frac{3}{4}$ cup milk
- $\frac{1}{2}$ cup water
- $\frac{1}{2}$ teaspoon salt
- 3 tablespoons melted butter
- 1 cup all-purpose flour
- Additional butter for coating the pan

Directions:

1. Whisk together eggs, milk, water, salt and melted butter.
2. Slowly add flour in parts and whisk until smooth.
3. Let the crepe batter rest for at least 15 minutes (or can be held overnight in the refrigerator). This allows bubbles to subside so crepes will be less likely to tear during cooking.
4. Give batter a short whisk before cooking.
5. Grease a small non-stick with butter over medium heat.
6. With your parents' help, pour 2-3 tablespoons of batter into the pan and swirl side to side to spread batter throughout the pan.
7. Cook for 30 seconds.
8. Loosen the edge of the crepe gently with a spatula to flip. If it does not loosen easily, cook it 10 more seconds before flipping.
9. Cook the other side for 15 seconds before serving.
10. Serve with either savory or sweet fillings of your choice. Extras can be wrapped and saved for another meal.

Filling Ideas:

Be creative and explore new fillings ideas. Or use ingredients from your pantry to prevent another shopping trip.

Savory:

- Breakfast Crepe
 - Scrambled eggs, cheese, spinach and roasted potatoes
- Cheese and sauted vegetable
 - Broccoli, carrot, spinach or kale, tomato, mushroom
 - Cheddar, parmesan, feta, brie
- Ham and cheese
- Cheddar and apple
- Cream cheese and vegetable (cucumber, tomato, lettuce)
- Taco crepe
 - What are your favorite taco fillings?
- Quesadilla crepe
- Smoked salmon crepe
- Chicken or Tuna salad
- Create your own

Sweet:

- Banana or apple and peanut butter
- Berries, granola and yogurt
- Strawberries and nutella
- Banana, nuts and maple syrup
- Create your own