

BUCKWHEAT CREPES

Susan Denzer, Chef and Culinary Consultant
Love + Craft Kitchen, LLC
www.loveandcraftkitchen.com

love + craft
KITCHEN



photo: Love + Craft Kitchen

Crepes are one of those foods that may initially feel intimidating, but do not need to be. After all, they are just a fancy pancake! Allow yourself some time to get the rhythm of spreading the batter and before you know it, you'll be well on your way.

This recipe ups the nutritional value a bit by using healthy buckwheat and olive oil. So versatile, crepes make perfect breakfast, lunch, or dinner entrees, or try smaller sized servings for appetizers and dessert. See the filling suggestions following the recipe, but also let your imagination go.

Plan ahead - crepe batter needs to rest at least 1 hour or overnight before using. Unfilled crepes can be **made ahead** and frozen for later use. Bring to room temperature, fill them, then gently heat in a skillet or warm in the oven just prior to serving.

Makes: approximately 10 - 8" crepes (1/3 cup batter each)

INGREDIENTS

1 ¼ cups milk (dairy, almond, or oat)
½ cup buckwheat flour
½ cup all-purpose flour or 1 to 1 gluten-free flour
¼ cup olive oil
3 large eggs
¼ teaspoon Kosher salt
optional add-ins - 1 tablespoon minced fresh herbs or 1/4 teaspoon dried herbs (for savory crepes) or 1/2 teaspoon vanilla or lemon extract (for sweet crepes)

additional olive oil for cooking

DIRECTIONS

1. Place all ingredients into a blender and process until smooth, stopping to scrape down the sides and bottom of the bowl 1 - 2 times. Let the batter rest at room temperature at least one hour or in the refrigerator overnight.

NOTE: Batter should be thin and easily spreadable or pourable. If not, add an additional 1 - 2 tablespoons of milk to reach proper consistency.

2. Heat a large skillet over medium heat. Test readiness with a drop of water - it should sizzle and evaporate. Drizzle 1 tablespoon of olive oil into hot pan, spread around evenly. Pour 1/3 cup of batter into the center of the pan, swirl spread into a thin crepe shape, or gently use a spoon or wooden crepe tool to spread. If using a spoon or wooden crepe tool, dip into cold water between each use.

3. Cook the crepe until it sets and is lightly brown around the edges, about 1 ½ - 2 minutes. Use a firm spatula to loosen underneath and carefully flip the crepe to cook and fill the other side.
4. Place desired filling on to one half of the crepe, then flip the unfilled side over the filled side, creating a half moon shape. Cook about 30 seconds more. Transfer to a plate and cover to keep warm.
5. Repeat cooking step for each crepe. If making for later use, separate each crepe with waxed paper.

NOTE: Depending on the filling selected, crepes can be folded in **half (half moon shape), quarters or rolled.**

Filling Suggestions:

- sautéed or roasted asparagus, mushrooms, greens, other veggies
- sautéed or caramelized sweet onions
- lower fat shredded cheeses or ricotta
- uncured ham, prosciutto, additive-free sausage, chicken, pork, seafood
- fresh fruit
- low sugar jam, spread, fruit compote
- nut or seed butter
- lemon curd

Garnish with chopped fresh herbs, cheese, small diced veggies, whipped topping, or a drizzle of dark chocolate.