

CREPES TO BE PROUD OF ALL YEAR ROUND! – BMFF Pride Program

Julia Child’s Master Crêpe Recipe - Perfect for the Pride Program! Make these simple crepes for breakfast, lunch, dinner or dessert! Lana Z. Caplan – who made the beautiful film, “Play and Repeat,” a selection on our Black Maria Virtual Film Festival, is also a cook and a crepe maker and experiments with savory fillings for these versatile beauties.

Ingredients:

1 cup flour – I use ****Wondra Flour**. You’ll never have a lump and you don’t need to let the batter rest for an hour in the fridge. If you only have all-purpose flour, make sure you sift it.

2/3 cup cold milk

2/3 cup cold water

3 large eggs

1/4 teaspoon salt

3 tablespoons melted butter, plus more for brushing on pan

Directions:

1) Mix all ingredients until smooth in a blender or with a whisk. Refrigerate for 10 minutes if you’re using *Wondra* flour or 30-45 minutes if you’re using all-purpose flour.

*2) Heat a cast-iron frying pan over medium heat. Brush with melted butter. I recommend cooking with cast iron.

3) Pour in 2 to 3 tablespoons of batter into the center of the pan and then tilt the pan in all directions to cover the bottom evenly. Cook about 1 minute, or until browned on the bottom. Turn and cook briefly on the other side.

4) Cool on a rack or plate as you finish making the rest. Serve as desired.

**Lodge* makes fine cast-iron pans and they’re inexpensive and healthy. No cancer-causing coatings to worry about. I use an 8” pan. It’s indispensable for frying eggs and omelets!

****Wondra** is a low-protein, finely ground wheat flour that has been pre-cooked and dried. Other flours can seize up and clump when heated or stirred into liquid and must be cooked to get rid of its raw taste. *Wondra* instantly dissolves in liquids and won’t form lumps. When making crepes, *Wondra* flour can replace all-purpose flour and the batter will only need to rest for 10 minutes. I am a huge fan of this old-school instant flour and count it as an essential. *Wondra* is also the best for thickening gravies.