



Excellence
through Endeavour

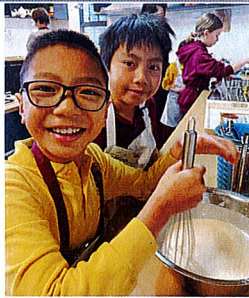
Mini Crepes with Rhubarb and apple



Growing Harvesting Preparing Sharing

Equipment:

Large bowl
Whisk
Frying pan
Flippers
Serving plates
Tongs



Ingredients

1 cups flour
½ teaspoon salt
1 1/2 cups Water
1 egg (or Chia seed in water if vegan)*
Oil for frying
1 quantity stewed rhubarb and apple



(Optional)
Up to 1/3 cup Water to adjust the batter consistency if needed

*For egg-free, each egg is replaced with 1tsp chia seeds soaked in 4tsp water.

Method:

Remember to clean up your workstation as you go

Preheat your oven to 50 degrees

In a large bowl, add the flour and the salt. Make a well in the centre. Add the water and egg. Whisk the eggs, gradually bringing in the flour from the sides. Keep whisking until a smooth batter forms with no lumps.

Cover the batter and let it rest in the refrigerator for at least 2 hours.

After 2 hours check the consistency of your batter and thin it out until it has the consistency of melted ice cream. Add up to 1/3 cup water.

Heat a lightly oiled frying pan over medium/high heat.

TIP: use a piece of absorbent paper with a 1/4 teaspoon of coconut oil (or butter) on it. Rub the paper on the pan to slightly grease the pan.

Make a first crepe to test your batter consistency.

Pour or scoop about 1/2 Tbsp of batter onto the pan, then tip and rotate the pan to spread the batter as thinly as possible.

If it's difficult to spread, add a bit more water to the batter – up to 1/3 cup.

The crepes should be thin enough so they are easy to fold when they are cooked.

Put cooked crepe onto a plate. Place about 1-2 tsp rhubarb and apple mix in the centre of the cooked crepe, and fold over.

Repeat until no more batter is left.

