
SOURDOUGH CRÊPE

MAKES 8-10 LARGE CRÊPE DEPENDING ON SIZE OF YOUR FRY PAN

INGREDIENTS

- 1 cup sourdough starter at full volume
- 1 cup milk
- 3 large eggs
- 2 Tbsp neutral oil or melted butter
- Pinch salt
- 1/2 cup All Purpose Flour

METHOD

1. Measure sourdough starter without deflating it first – that means do not stir the bubbles out – just scoop and measure the starter or pour it out of your sourdough container with all the bubbles still intact to measure 1 cup.
2. In a blender, or using a hand mixer, add all ingredients and blend until the batter is smooth. A blender does the best job. The flour may stick to the sides of a blender jar so scrape it once and blend again. The consistency will be that of table cream. It will barely coat a spoon when at the proper consistency. Crêpe batter is very thin with no lumps whatsoever.
3. Heat a non-stick fry pan or crêpe pan to medium heat. The pan should be hot when the batter hits it. You may or may not need to oil/butter the pan lightly to keep the batter from sticking. Try one first to see if you need oil or not.
4. Practice swirling your pan with some oil before you add your batter. Rotate your wrist while holding the fry pan and tilt the pan this way and that until the entire bottom is covered with a thin layer of batter. This will help you get the proper technique when you are ready to cook your crêpe. Pour out all the oil if you practiced first with oil.
5. How much batter you need will depend on how large your frying pan is.
6. You will likely use about 1/3 – 1/2 cup of batter for each crêpe. Keep swirling the batter around the pan until it no longer runs – even if the entire pan is covered in batter. You will figure out how much more or less you need for your frypan this way. Do not let the crêpe batter pool in any one area. Just keep swirling the pan until it is all evenly distributed and no longer runs. Return to heat.
7. Cook until the bottom side of the crêpe is golden brown. This will take 1-2 minutes if your pan is at the proper temperature. You may flip it if you like but it is not necessary – the top side is cooked when the bottom is golden brown because the batter is so thin.
8. Brush the top side of the crêpe with butter and lightly sprinkle with sugar or cinnamon sugar. Squeeze fresh lemon and roll up the crêpe or fold over into 1/4's. Make sure the golden brown side of the crêpe is facing out for serving. Serve immediately.
9. You may hold crêpes between parchment paper if you want to make ahead and freeze. Warm in a frypan or in the oven, add butter and sugar and serve. Fill with jam or whipped cream and fruit, Nutella and strawberries or any other toppings you would put on waffles or pancakes. Crêpes are more versatile because the batter is not sweet; therefore, it will take sweet or savoury fillings.
10. Savoury crêpes are a decadent way to serve eggs benedict or omelettes. I often stuff cooked leftover turkey dinner inside crêpes (turkey, stuffing, side vegetables and a bit of cranberry sauce) and smother with hot gravy. You can make a baking tray full of filled crêpes and hold in the fridge for up to 2 days. Warm the pan of filled crêpes in the oven until the filling is hot and serve with gravy on the side. Such a great way to repurpose cooked leftovers!

