



BASTILLE CRÊPES

INGREDIENTS

- 250 g all-purpose flour
- A pinch of salt
- 1 tbsp white sugar
- 3 eggs
- 450 ml (whole milk)
- Topping: blueberries, raspberry coulis and whipped cream

PROCEDURE

1. Combine the flour, salt, and sugar in a large bowl and whisk together before making a well in the middle of flour.
2. Break the eggs in a bowl and pour them into the well.
3. To avoid clumps in the batter, first add half of the milk into the well and whisk in until the batter is lump free and smooth. Then, pour in the rest of the milk and whisk again to incorporate into the batter.
4. Cover the bowl with a clean tea towel and leave the batter to rest for at least 1 hour (if you're patient, 2 hours is best).
5. After the batter has rested, whisk in a tablespoon of liquor (this is optional), and voila, you're now ready to cook up some crêpes.

BASTILLE CRÊPES

PROCEDURE

6. To cook the crêpes, make a potato brush by planting a fork in the back of half a small potato and place it in a small bowl with 3 tablespoons of sunflower oil. Dip the flat surface of the potato in oil and use it to coat the pan in between cooking each crêpe. Place the pan on high heat and coat with a thin layer of oil with the potato brush. The key to cooking the perfect crêpe is to use just enough batter to cover the bottom of the pan and nothing more. Drop a scoop of batter on one side of the pan and swirl the pan gently to spread the batter around evenly. You should get the hang of it after cooking a few.
7. Cook the first side for 30 seconds, flip the crêpe using a wooden spatula, and cook the second side for 15 seconds. Slide the crêpe onto a plate and repeat until all the batter is gone.
8. Serve with blueberries, a raspberry coulis and whipped cream.