

# Savory Crêpes

## **A note before you start:**

I adapted this recipe from Jamielyn Nye, creator of I Heart Naptime; a group of women creating, & testing recipes to share with foodies. Naturally I couldn't leave well enough alone with this recipe and added a couple of additional ingredients.

## **Ingredients:**

- 2 cups of whole milk
- 4 large eggs
- 3 TBSP of butter melted
- ¾ tsp of salt
- 1½ cups of all purpose flour, sifted
- 1 TBSP of freshly chopped Italian (flat) parsley (my add)
- ¼ cup of freshly grated parmesan cheese (my add)

## **Step 1:**

- Combine the first 5 ingredients in a blender. I recommend putting the flour in first so it doesn't splash the egg and milk mixture all over you! Yes, rookie mistake on my part. Blend until the batter is smooth. Remove the top, scrape down the sides and blend again on low for 5-10 seconds. Add the remaining parsley and parmesan cheese and blend in just to mix. Refrigerate the batter for at least 30 minutes or overnight.

## **Step 2:**

- Heat a large non-stick skillet on medium. I feel it's important to note that the size of your skillet will determine the amount of batter you pour into it, to create a crepe that is not too thin nor too thick. I used a 10½" skillet so the perfect batter amount was ¼ cup.

## **Step 3:**

- Add a teaspoon of butter and a swirl of nonstick cooking spray to your skillet. I use Fratelli Mantova's Ghee Oil.

## **Step 4:**

- Reduce your heat a bit and ladle or pour ¼ cup of batter into the skillet and swirl it around the bottom of the pan so it covers the entire bottom of the skillet. Cook 1-2 minutes and flip and cook the other side 1-2 minutes. It should be somewhat golden brown. Remove it from the heat and stack in between parchment paper pieces or wax paper until ready to fill.

## **Step 5:**

- Since I was serving these for breakfast, I decided to fill my crepes with a combination of scrambled eggs, diced, & sauteed canadian bacon and blanched chopped asparagus. The filling possibilities are endless: chicken, sausage, peppers, spinach, mushrooms, etc. You get the idea!

**Buon Appetito!**

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