

Dessert Crepes

Makes 6 crepes



Ingredients

- 1 ½ cups of milk
- 2 tbsp pure vanilla extract
- 1tbsp of Orange Juice OR Orange Liqueur
- Do not use for a savory crepe filling.
- 3 large egg yolks
- 2 tbsp of sugar
- 1 tsp of salt
- 1½ cups of all-purpose flour-sifted

Directions

- ℘ Using a high-speed blender helps to ensure that all lumps are removed from batter.
 - ℘ Place milk, vanilla, and orange flavouring in blender. Add yolks, sugar, salt, flour, and then butter.
 - ℘ Blend on high speed for 30 seconds. Scrape sides of blender; blend 30 seconds more.
 - ℘ Transfer batter to an airtight container; refrigerate at least 2 hours or overnight
 - ℘ Brush a 6 ½" to 7" crepe pan or nonstick skillet with oil.
 - ℘ Heat on medium until just starting to smoke.
- COOK**
1. Remove skillet from heat; quickly pouring 2 tablespoons of batter across the pan's mid surface.
 2. With speed (in 2 to 3 seconds) tilt skillet in all directions to thinly cover the batter over the entire bottom of the pan. Return it to heat for about 1 minute. Sharply shake pan in a horizontal motion to loosen the crepe
 3. Lift edges with a spatula to inspect underside. When golden brown, turn crepe by using two spatulas or by flipping crepe with a toss of the pan.
 4. Cook about 30 seconds more, until spotty brown. Slide crepe onto a plate. To keep warm & moist, cover with a 100% cotton tea towel in a 200° oven.
- ℘ Repeat steps 1-4 until batter is all used up
 - ℘ To serve, fill with filling of choice, roll in a tube or fold in quarters.
- OPTIONAL:** Sprinkle crepes with a little powdered sugar & dollop of whipping cream.

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Nutrients (approximately)

357 Calories per crepe (not including filling),
Fat 23g, Saturated Fat 13g, Cholesterol 160.7mg, Sodium 166mg,
Carbohydrates 31.2g, Fiber 0.8g, Sugars 7.2g, Protein 6.8g