

Mardi Gras/Shrove Tuesday Crepe Cooking Class

Tuesday, February 16, 6pm via Zoom

Ingredients Needed (for 6-8 crepes):

- 1 cup all-purpose flour (for gluten-free, try oat flour or buckwheat flour)
- 1 egg
- 1.5 cups milk
- a cooking oil with a high smoke point - such as canola, grapeseed, avocado -
- (olive oil isn't quite hot enough but it would still work OK)

You will also need:

- large mixing bowl to make the batter
- electric mixer or hand whisk
- a 1/3 cup measure
- a skillet (a 12in skillet works well but any skillet will do)
- a spatula or turner to turn the crepes in the pan

Suggested fillings to have on hand:

Savory:

- Leek and mushroom (or add ham) with a dollop of sour cream to make a sauce
- ham and grated cheese (maybe with a dollop of mayo or hollandaise)
- spinach and ricotta - wilt spinach in a pan, squeeze out liquid, then add ricotta and ground nutmeg
- chicken and mushroom (with the ubiquitous dollop of sour cream!)
- Cream cheese and smoked salmon
- Goat cheese and beetroot
- Any leftovers at all
- Or get creative with any combo of chicken, ham, bacon, smoked salmon, shrimp, Italian sausage, leek, mushroom, spinach, stir-fried veg, avocado, tomato, any type of cheese, scrambled egg (think breakfast burritos).

Sweet:

- Sugar and a squeeze of lemon juice
- plain Greek yogurt, the most fragrant honey you can find, and walnuts
- yogurt and any kind of berries - blueberries, blackberries, strawberries
- Banana and Nutella
- Any combo of fruit, yogurt, cream, mascarpone, ice cream sauces, chocolate, nuts, and more besides.