

<b>BUCKWHEAT CREPES</b>				<b>NOTES:</b>	
<b>Amt</b>	<b>Ingredient</b>	<b>Prep</b>	<b>TOOLS REQUIRED</b>		- this recipe is easily made in a blender - do so the night before to allow for better hydration of flour and thickening as butters cool in emulsified state - first crepe is always the hardest as you get a feel for pan temp – don't fret if first 1-2 don't work
2 cups	<i>Homo Milk</i>	Warm	Blender	Spatula	
80g	<i>Butter</i>	Melted	Ladle	Fry pan	
3	<i>Large Eggs</i>	Whisked	Brush	Off-set	
1 Tbs	<i>Sugar</i>				
¼ tsp	<i>Kosher Salt</i>				
70g	<i>Buckwheat Flour</i>				
105g	<i>All Purpose (AP) flour</i>				
½ cup	<i>Clarified Butter</i>	For frying			

## **METHODOLOGY**

### **STEP #1 – tempering the ingredients**

- Bring eggs to room temperature
- Heat milk and butter to warm / liquid but not hot enough to cook eggs (less than 90°F)

### **STEP #2 – combining in the blender (the day before)**

- Add all the warm but not hot liquids (milk, melted butter, eggs) to bottom of the blender
- Add all the dry ingredients (sugar, salt, both flours) to the blender
- Blend all ingredients on high speed to integrate in as short a time as possible
- Pass through pastry strainer

### **STEP #3 – store in fridge overnight**

- Once batter has been blended/strained – place in container and place a piece of cling film directly against the surface of the batter (to prevent a skin from forming)
- Store covered in fridge overnight
  - this better hydrates the flour than if we were to use it right away
  - the butter will thicken a bit in the fridge as it cools in the emulsified batter thus acting as a thickening agent.

### **STEP #4 – TEMPERING / ADJUSTING VISCOSITY OF BATTER**

- Remove from fridge 1hr before use
  - after 1 hr - stir briskly to loosen the settled batter
- THE BATTER'S VISCOSITY IS IMPORTANT
  - The batter should resemble the consistency of un-whipped 35% cream
  - if the batter is too thick, thin it out with 35% cream
  - if it is too thin, there is little we can do at this point

### **STEP #5 – COOKING THE CREPES**

- Heat 8-9" NON-STICK crepe pan or well-seasoned cast-iron skillet on stove
- Add a touch of butter (preferably clarified) into hot pan, spread using brush
  - lift and tilt pan to drain out any excess fat – back into the original butter container
- Lift the pan off the heat, add ~2oz of batter,
  - tilt and swirl to distribute evenly in pan using gravity to distribute over hot pan
- After cooking approx. 1 minute; run a non-stick spatula or offset underneath to loosen off pan
  - Use either a tool (or your fingers) to help caress the crepes as you flip them
  - continue another 30-90 seconds on second side
- Continue cooking crepes using remaining batter via same technique – stirring batter regularly
  - once crepes are cooked they can be set on a trivet or resting rack to cool with air flow beneath
  - once crepes are cooled they can be stacked on each other for later use (like sliced bread)