

HOME STYLE PANCAKES (Crêpes).

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Preparation Time; 10 Minutes.

Cooking Time; 15 Minutes.

Makes SEVEN 8 Inches Pancakes.

INGREDIENTS:

WET

- 3 Eggs (Large) or (4 Medium) or 5 (Small)
- 1 Cup of Milk.
- 4 Table Spoon of Peanut Oil.
- 1 ½ Tea Spoon of Salt.

DRY

- 1 Cup of **Whole Grain** Flour.
- 2 Tea Spoon of Baking Powder.



First in a large mixing bowl mix well all the above wet ingredients together with the Salt. Then put in the Flour in just a little bit at a time and very slowly through a fine strainer while whipping the liquids briskly with a whip. When all the flour is in, then add the Baking Powder. Mix well with a whip or a mixing machine until the cream is evenly and without any lumps in it. If you measured everything right, the batter should have the consistency of a heavy cream.

To succeed to cook the PANCAKES to Perfection the pan should be pre heated to the correct temperature, just hot enough to sizzle, a drop of water. Set the stove top temperature to medium and to a little bit more on the high heat side. Put a couple of Table Spoons of Peanut Oil in the pan before you start and spread it around with a large spatula, you won't have to add anymore Oil later. For cooking my Pancakes I use a Cast Iron Pan that is perfect for that purpose.

I use a large spoon and I pour two spoonfuls in the middle of the Pan and starting from the center I make circles with the bottom of the spoon barely touching the pancake and I make the circles bigger and bigger in an outward motion to spread out the cream evenly. With experience you will know how much is best to put on at one time and how to make the circle to spread it out evenly. Only do that once and let it cook by itself until ready to turn. Once you see that bubbles are formed on most of the top of the Pancake and that it starts to dry at the top, this indicates that it is time to turn it over with a large spatula. On the second side, let it cook only half the time it took to cook the first side.

When they are ready and still hot I put some butter on them and cover them with some Maple Syrup and then I put them in the Microwave to heat them up a bit just before eating.

BON APPÉTIT.

