

TASTE WITHOUT WASTE

Whole-wheat Crepes with Roasted Strawberries

Serves 2 (makes about 6 crepes).

Ingredients

Whole-wheat Crepes:

¾ cup whole-wheat flour

¼ cup plain flour

Pinch salt

Pinch cinnamon

2 large eggs, lightly beaten

1 cup milk (cows, rice, almond or soy) mixed with ¼ cup water

30g unsalted butter, melted

Roasted Strawberries:

250g punnet strawberries, washed and hulled

1 tbsp maple syrup

Icing sugar to dust

Method

For the strawberries:

Preheat the oven to 200C and line a baking tray with greaseproof paper. Slice the strawberries in half, or for large ones, in quarters. Arrange on baking tray so that none are overlapping. Drizzle with the maple syrup.

Roast for 20 minutes, or until soft and just starting to release their juices, jumbling up with a spoon half way through.

Remove from oven and dust lightly with icing sugar.

For the crepes:

Sift the flours, salt and cinnamon into a large jug (mine was 1 litre capacity). Make a well in the centre and tip in the beaten eggs. Using a balloon whisk, start to incorporate some of the flour into the egg.

Slowly pour in the milk mixture in a thin stream, whisking constantly to produce a smooth batter with a consistency slightly thicker than pouring cream. Stir through two tablespoons of the melted butter. Try to avoid over beating.

Place a 20cm frying pan on a medium-high heat and lightly brush with some of the left-over melted butter. Once the pan starts to smoke, reduce the heat and pour in about 1/3 cup of batter, tilting the pan to swirl the batter around so that it coats the base in a thin, even layer. Cook for approximately thirty seconds, or until the bottom is set and just beginning to take on a golden colour. Use a spatula to carefully flip the crepe over and cook for a further thirty seconds, or until the edges are just starting to crisp.

Transfer to a plate and cover with a clean tea towel to keep warm.

Repeat the process until all of the batter is used up.

To serve:

Fold each crepe into quarters (to produce a triangle shape) and stuff with roasted strawberries. Dollop on some vanilla yoghurt (or ice-cream if you are feeling indulgent), sprinkle with a little extra cinnamon and dust with icing sugar.

Source: A Taste Without Waste original.

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