



This sourdough crepes recipe makes the most delicate, french-style pancake with perfect crispy edges!

Thin, buttery and delicious with either sweet or savory fillings. They are easy to make with your sourdough discard!

How to make the batter

- In a medium-sized mixing bowl **whisk** the *sourdough discard, flour, butter, eggs, milk, water and salt*, until the batter is completely smooth. (Sugar can be added to the batter, but is optional.)
- **Allow** the batter to **rest** for 1 hour in the fridge.

A blender can be used instead of a hand whisk to get a very smooth batter.

The batter will be VERY runny at first and start to thicken *slightly* as it sits.

Make the crepe batter a day in advance if you prefer. Simply cover the bowl and store in the fridge until you are ready to cook them.

The flour will absorb water as the batter sits overnight. If the batter is too thick when you remove it from the fridge, **add** 1-2 tablespoons of water to thin it out.

The proper consistency is similar to that of heavy cream.

How to pour crepe batter into a pan

It's very important to note that the first crepe you cook, probably won't turn out as "pretty" as expected. Think of it as your "test" crepe.

By testing this first crepe, you'll be able to adjust the temperature of the skillet and the second crepe will be closer to perfect!

The first crepe usually takes longer to cook than the remaining crepes.



- **Heat** a non-stick skillet over medium heat. **Place** a small amount of butter or cooking spray in the pan before you pour the first crepe. (You shouldn't have to oil the pan again.)
- **Pour** $\frac{1}{4}$ cup of the batter into the skillet, pick the skillet up by the handle and **slowly swirl** the batter in the pan until it **spreads** into a very thin, even layer.
- **Cook** on the first side until golden brown, 60-90 seconds, or longer if needed.
- **Flip** the crepe over using a large spatula and **cook** on the second side until it is golden brown, 30-60 seconds.
- **Stack** the crepes onto on a serving platter as they are finished cooking.

The crepes will cool quickly once removed from the skillet.

To *keep them warm*, stack them on a baking tray in the oven at 325°F (176°C) while cooking. Parchment paper placed in between the layers will ensure they are easy to separate.



Fill the crepes with homemade nutella, strawberry jam or any of your favorites fillings!

How to store and freeze

Store the crepes in the fridge, stacked between layers of either parchment paper or wax paper, and wrapped tightly in plastic wrap. Consume them within 7 days.

To freeze crepes, place the layered stack into a plastic freezer bag and keep frozen for up to 2 months.

How to reheat

Allow the crepes to thaw in the fridge overnight when you are ready to eat them.

Be very gentle when separating the crepes as they are very delicate and can tear easily.

To reheat the crepes, heat a non-skillet over medium heat with a little butter or cooking spray. Cook on both sides until warm.

Sourdough Crepes Recipe

This recipe for sourdough crepes makes the most delicate, french-style pancake with the perfect crispy edges. Serve them stuffed with sweet or savory fillings for a delicious breakfast!

EQUIPMENT

- 10" non-stick skillet

INGREDIENTS

- ½ cup (125 g) sourdough starter discard
- 3 tablespoons (42 g) melted butter (dairy or plant-based)
- 2 large eggs
- ½ cup (60 g) all-purpose flour (see notes)
- ¾ cup (183 g) milk (dairy or plant-based)
- 2 tablespoons (30 g) water
- ¼ teaspoon fine sea salt



- 3 tablespoons granulated sugar (optional, for sweet crepes)
- 1 tablespoon butter or cooking oil for skillet

INSTRUCTIONS

- **Whisk** the ingredients together in a large mixing bowl. Let **rest** for 1 hour in the fridge.
- **Heat** a lightly greased, non-stick skillet over medium heat.
- **Pour** ¼ cup of the batter into the skillet and **tilt** the skillet in a circular motion to distribute the batter into a thin, even layer. **Cook** until the sides of the batter start to fold back from the skillet and the bottom starts to turn golden brown. About 60-90 seconds.
- **Gently turn** the crepe over using a large spatula. **Cook** on the second side for 30-60 seconds or until golden brown. **Repeat** with remaining batter. Keep the crepes **warm** after they cook by stacking them on a baking sheet in a preheated **350°F** (176°C) oven until ready to serve.

NOTES

- If using whole wheat flour, more liquid may be needed to thin the batter. Add a tablespoon at a time, after it has rested “if needed” to get correct consistency. It should be very thin.
- Store crepes stacked between layers of parchment or wax paper, wrapped tightly in plastic wrap or freezer bag. Keep in the fridge for up to 7 days or in freezer for up to 2 months.
- Thaw in fridge before reheating in a skillet over medium heat.

Nutrition

Serving: 2crepes | Calories: 191kcal | Carbohydrates: 30g | Protein: 7g | Fat: 4g | Saturated Fat: 2g | Cholesterol: 99mg | Sodium: 214mg | Potassium: 127mg | Fiber: 1g | Sugar: 12g | Vitamin A: 228IU | Calcium: 79mg | Iron: 1mg