



SOURDOUGH CREPES

12 crepes

INGREDIENTS:

- 240 g of wheat or spelt sourdough starter, room temperature is the best
- 5 eggs
- 1 tbsp of honey or brown sugar
- 1 tbsp of butter or coconut oil
- pinch of salt
- 150-200 g of full fat milk

METHOD:

1. Heat a tablespoon of butter or coconut oil in a small saucepan, along with honey if it's stiff. Let the mixture cool slightly.
2. In a large bowl, combine the sourdough starter with a pinch of salt and the eggs and whisk until the batter is smooth, so that there are no longer any visible bits of egg whites in the batter.
3. Slowly whisk the melted butter and honey into the sourdough mixture. If you have used sourdough starter from the fridge, add the melted butter a little at a time to prevent any lumps of the cold butter. If lumps do form, just break them up a little and use the batter as usual. It will still turn out great.
4. Finally, whisk the milk into the batter. The batter is quite runny, so don't be surprised by the consistency.
5. Pour about half a cup of the sourdough crepes batter into a preheated pan or skillet and create a thin crepe. Fry until golden brown on both sides.
6. Serve with your favorite filling like fruit jam or whipped cream cheese.