

BUCKWHEAT CREPES

Equipment needed –

Measuring cups, large bowl, measuring jug, heavy based frying pans, hand blender and 28 dinner plates.

Ingredients from the Garden –

- 2 eggs lightly beaten

Ingredients from the Pantry –

- 1 cup of whole meal plain flour
- 1 cup of buckwheat flour
- 3 cups of milk
- Oil spray

What to do –

1. Measure out 1 cup of wholemeal flour and 1 cup of buckwheat flour into a large bowl.
2. Measure out 3 cups of milk into a measuring jug and crack in 2 eggs. Process until smooth using a hand blender. Cover and set aside for 30 minutes.
3. Spray some oil into the frying pans and heat over a medium high heat. Pour 2-3 tablespoons of the batter into the pan and cook until lightly browned underneath. Turn crepe and cook until browned on the other side. Place on a plate and cover to keep warm. Repeat using the remaining batter until all crepes have been made.
4. Arrange the plates out on the bench and place 1 crepe onto each.
5. Divide the spicy bean filling evenly between the crepes and fold into quarters.

Serves –

- 28 students.