WHATS COOKING? Crepe aux fruits

Wholemeal flour

Mango, diced

Poppey seeds

Losalt









1009

A pinch

1/4 litre

A dńzzle

109

1/16

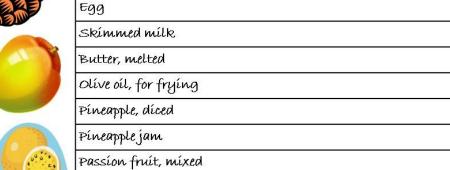
159

1/2

1/8

2 pinches









- 1) Sieve the flour and the salt into a bowl, make a well in the centre.
- 2) Add the Egg and Milk, gradually mix in the flour and whisk to a smooth batter.
- 3) Mix in the melted butter and rest for 1 hour.
- 4) Heat the oil in the pan until it smokes.
- 5) Thinly coat the base of the pan with batter, cook for a few seconds until brown.
- \mathcal{F}) Turn the Crepe, colour and turn onto a plate.
- 8) Coat 1/4 of the crepe with pineapple jam.
- 9) Add the pineapple, mango and passion fruit, sprinkle with Poppy seeds.
- 10) Fold in half, then fold into a quarter. Reheat in the oven, 2000C for 8 minutes.



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