

# WHAT'S COOKING?

## Crepe aux fruits



INGREDIENTS	
Wholemeal flour	100g
Lo salt	A pinch
Egg	1
Skimmed milk	1/4 litre
Butter, melted	10g
Olive oil, for frying	A drizzle
Pineapple, diced	1/16
Pineapple jam	15g
Passion fruit, mixed	1/2
Mango, diced	1/8
Poppey seeds	2 pinches

COOKING
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.
7) Turn the Crepe, colour and turn onto a plate.
8) Coat 3/4 of the crepe with pineapple jam.
9) Add the pineapple, mango and passion fruit, sprinkle with Poppey seeds.
10) Fold in half, then fold into a quarter. Reheat in the oven, 2000C for 8 minutes.

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