

Moroccan Semolina Crepes

3 cups semolina flour
1 pinch salt
4 1/2 cups warm water

1 teaspoon baking powder
1 teaspoon baking soda
1 tablespoon active yeast

Mix active yeast in a 1/2 cup of warm water. In separate bowl, add remaining warm water to flour. Add baking soda, salt and baking powder. Put the mixture into a blender until smooth. Return to bowl. Add active yeast mixture. Let rest in a warm area for an hour until it rises. Add 1/2 teaspoon flavor extract (e.g. orange blossom) if desired.

Heat a small non-stick pan on low heat until warm. Pour a spoonful of batter into the center of the pan in a circle. (Do not swirl the pan as you would for a French crepe; the batter should spread itself.) Cook about 2 minutes on one side only (you will see holes forming at the top; it should feel spongy, but not sticky or gummy when you touch it lightly with your finger). Remove from pan to a clean kitchen towel. Once they are cool, they can be stacked without sticking. Serve with melted butter and honey.

French Sweet Crepes

250 grams white flour (about 2 US cups)
25 grams sugar (about 2 tablespoons)
1 pinch salt
1/2 liter milk (about 2 US cups)
32 grams butter (about 2 and 1/2 tablespoons)
1/2 tsp flavor extract

Mix dry ingredients with milk, eggs, melted butter and flavor extract. Pour the thin batter onto a large, circular hot plate (or frying pan). The batter is spread thin so that it cooks in 30-60 seconds per side, just until dry and golden, possibly with a slight crispness around the edges. Serve folded with any combination of jam, honey, peanut butter, chocolate sauce, fresh berries or whipped cream.

