

Fruit Crepes

(水果班戟)

[Serving: 2]

Ingredients:

Banana / Mango 2 no
Canned peach 1
Whipping cream 75 ml
(whipped)

Thin batter:

Plain flour 100 g
(or wholemeal flour 50g + plain flour 50g)
Milk 250 ml
Egg 2
Sugar 25g
Vegetable oil 1 tbsp
Salt a pinch

Method:

1. Prepare thin batter:
 - a. Sieve flour and salt. Add in sugar, make a well in centre.
 - b. Beat the egg and draw in the flour gently.
 - c. Stir in half of the milk gradually. Beat it until it becomes smooth.
 - d. Stir in the remaining milk to form batter.
2. Add in vegetable oil, pour it into a measuring jug.
3. Heat a little oil in a frying pan. Pour in some batter and move the pan quickly so the batter can spread to cover the base of the frying pan evenly.
4. Cook the batter over low heat until it becomes golden brown. Turn and cook the other side.

5. Dish up and cool aside.
6. Drain the canned peach, slice or dice the peach. Slice the banana or cut the mango into cubes.
7. Stuff the pancakes with fruits and whipped cream. Fold and place on a plate.
8. Repeat for the rest of the pancakes. Serve cold.