

How To Cook Gluten Free Crepes

Crepes

Do crepes intimidate you? I was intimidated as soon as I heard you had to have a special pan and that they were French. And so I never made them. That is, until I had gluten free crepes at a wonderful restaurant in St. Louis called Rooster. After that I knew that I had to learn to make them.

According to my copy of Joy of Cooking, there was no need to be intimidated in the first place. Crepes were introduced to the U.S. by English settlers in the early 1600s. I doubt those settlers had fancy equipment and they certainly weren't French. I decided that I was not going to buy a fancy crepe pan (though you can certainly use one) and my flat cast iron griddle has worked perfectly.

Crepes are actually incredible easy to mix up. All of the ingredients are mixed up in a blender and then the batter is set aside to hydrate for 30 minutes, or up to two days if refrigerated. The ingredients in the recipe that we are using are flour, milk, water, eggs, butter and salt. The only essential ingredients are flour, eggs, and liquid. If you are making savory crepes, you may use stock instead of milk and water. If you are making sweet crepes, a juice can be substituted.

For those of you who don't do eggs, you can still make this. Just do a Google search for "eggless crepe" and follow one of those recipes, substituting GF all purpose flour for the flour in the recipe. The butter can be real butter or any one of the various buttery substitutes.

Cooking the Crepes

Cooking the crepes is the tricky part. If yours stick and tear, don't cry. The torn and messy crepes still taste good and you can just pile the fillings on top instead of wrapping them inside.

Start by heating a crepe pan, non-stick pan, or well seasoned cast iron pan on medium to medium – high heat. (Recipes that I researched varied on the suggested heat.) Then add butter (or the appropriate substitute for your diet) to the pan. Watch the video to get an idea of the appropriate amount. Then lift the pan off of the stove and pour the batter onto the pan as you rotate it. This will spread the batter evenly over the pan. It's probably easier to see this in the video than to understand it from words. Place the skillet back onto the stove and cook for just a minute until the batter is set. Then you flip it over and cook the other side.

The size of your pan will determine how much batter to use. You can also make your crepes thinner or thicker, depending on how you like them. If you're going to wrap stuff up, then thicker is probably better. I also think that thicker crepes are easier to turn, so you might go with thicker if you're new at this.

Have fun and experiment! This is not like baking gluten free bread. Unless you burn the crepe, you should still have good eats even if the crepes aren't pretty.

Gluten Free Savory Crepe Recipe

1/2 c. Mary's GF Flour (regular or soy-free),	2 large eggs
1/2 c. milk (soy, cow, rice, almond, etc)	2 Tbsp. unsalted butter, melted (or alternative)
1/4 c. warm water	1/2 tsp. salt

Combine all ingredients in a blender and process until smooth. Make sure to scrape the flour from the bottom and get it worked in. Let the batter rest for 30 minutes, or as long as 2 days if refrigerated. (Don't skip this step, the flour needs time to absorb the liquids!)

Place a nonstick or seasoned crepe pan over medium heat (I use a well seasoned cast iron flat griddle pan). Coat the pan with a little butter (or butter alternative). Stir the batter and pour a small amount of batter onto the pan while you lift the pan off of the heat and rotate it so that the batter forms an even, thin layer. (The amount of batter will depend on the size of your pan. If you're new at this, go with a thicker layer because it's easier to turn.)

Cook until the top is set and the underside is golden. Turn the crepe over and cook until the second side is lightly browned. Remove the crepe to a plate and cover with a piece of wax or parchment paper. Continue this process with the remainder of the batter.

Gluten Free Sweet Crepes Recipe

1/2 c. Mary's GF Flour Mix (regular or soy-free),	2 Tbsp. unsalted butter, melted (or alternative)
1/2 c. milk (soy, cow, rice, almond, etc)	1 1/2 Tbsp. sugar
1/4 c. warm water	pinch salt
2 large eggs	

Combine all ingredients in a blender and process until smooth. Make sure to scrape the flour from the bottom and get it worked in. Let the batter rest for 30 minutes, or as long as 2 days if refrigerated. (Don't skip this step, the flour needs time to absorb the liquids!)

Place a nonstick or seasoned crepe pan over medium heat (I use a well seasoned cast iron flat griddle pan). Coat the pan with a little butter (or butter alternative). Stir the batter and pour a small amount of batter onto the pan while you lift the pan off of the heat and rotate it so that the batter forms an even, thin layer. (The amount of batter will depend on the size of your pan. If you're new at this, go with a thicker layer because it's easier to turn.)

Cook until the top is set and the underside is golden. Turn the crepe over and cook until the second side is lightly browned. Remove the crepe to a plate and cover with a piece of wax or parchment paper. Continue this process with the remainder of the batter.

Expand: What to Put in Your Gluten Free Crepes

Crepes can be filled with almost anything. If you're making them for breakfast, you can fill your crepes with traditional savory breakfast foods like sausage, bacon, eggs, hashbrowns, sauteed mushrooms, onions and bell peppers. Sweet crepes can be made by spreading your favorite jam or marmelade over the crepe and then folding the crepe into quarters and dusting with confectioner's sugar.

If you have leftovers from supper, try rolling them in a crepe, or making a little crepe bundle and topping it all with a complimentary sauce. Wouldn't a crepe filled with leftover turkey, cornbread dressing and cranberry sauce and topped with gluten free gravy be a great way to use Thanksgiving leftovers?

Crepes aren't just for brunch. Try your favorite sandwich pairings rolled up in a crepe instead of using GF bread. If you like cheese in your sandwich, top the crepe with grated or sliced cheese and bake until melted. [Here are some sandwich pairing ideas](#) to get your gastric juice flowing.

The following are a few more crepe ideas from the menu at [Rooster Cafe](#), which is where we first ate gluten free crepes:

Breakfast Crepes:

Fresh Fruit – seasonal fruit with fresh ricotta

Egg #3 – eggs, bacon and cheddar cheese

g.b.l.t – goat cheese, bacon, tomato and Romaine lettuce

Breakfast burrito – egg, breakfast potatoes, cheddar cheese and salsa

Savory Crepes:

Roasted sirloin #1 – roasted sirloin with caramelize onions

Sausage #2 – sausage, spiced apple, and cheddar

Goat cheese – goat cheese, mushrooms, basil and oven-dried tomatoes

Creamed Spinach – creamed spinach with cheddare cheese

Sweet Crepes:

Chocolate chip – with brown sugar

Peanut butter cup

Roasted apple – with cinnamon and brown sugar

Nutella

How to Cook Waffles

Waffles

Why should you make your own waffles from scratch when you can just buy a mix? That's easy. Mixes are a compromise. Mixes are generally formulated so that you can make two, three, or more different recipes using the same flour. The only problem with this is that all of those recipes should have different ratios of dry ingredients. Waffles should have more sugar, pancakes less. Biscuits should not have any. The same goes for leavening ingredients. When you make waffles, pancakes, and biscuits from scratch you can use exactly the right ingredients.

The main ingredients in waffles are flour, a leavening agent, sugar, salt, eggs, butter, and milk. No xanthan gum required! The flour mixes that I have tested with this recipe are my all-purpose flour mix and all purpose soy free flour mix. Any GF all purpose flour mix should work. Just make sure that you like the taste of the individual flours that are used.

The leavening agent in waffles can be yeast (Belgian waffles), baking powder, or baking soda. The recipes that we'll use for this lesson uses baking powder. If you try a recipe that uses baking soda, make sure that it also calls for buttermilk or cider vinegar, as baking soda requires an acidic ingredient to activate it.

The sugar, salt, eggs, butter, and milk are all ingredients that you can substitute (and sometimes reduce) according to your dietary needs. The sugar in waffles caramelizes during the cooking process to help form a nice brown, crunchy exterior. You can substitute brown sugar, honey, molasses, or pure maple syrup for an equal amount of sugar. Since waffles don't really need to taste sweet, you can also experiment with reducing the total amount of sugar.

The eggs in the recipe can either be beaten, or you can beat the whites separately (until stiff peaks form) and fold the egg whites into the batter as the last step before cooking. If you need to avoid eggs, use flax eggs made from freshly ground flax seeds and allow the flax eggs time to sit before adding them into the batter. You can also reduce the eggs from three to two, if fat or cholesterol is a concern.

Butter is a big variable in waffles. You can use as little as 4 tablespoons in this recipe, or as many as 16. If this is the first time you've made gluten free waffles, then try them with the 16 tablespoons first and eat them as soon as they come off the griddle. That first taste makes you want to melt into a puddle of happiness. If butter doesn't work for your diet, you can also use oil, margarine, or Earth Balance buttery sticks.

I was a little hesitant to list "milk" as one of the ingredients. If you're making waffles for breakfast, then you'll probably use milk. But if you're making them for supper (chicken and waffles, anyone?) then you could also use beer or stock. Water is probably a viable, though less flavorful alternative, if you're out of milk. If you don't do cow milk, then GF soy milk, coconut milk, rice milk, or almond milk are also perfectly acceptable.

Mixing and Cooking the Waffles

To mix up the waffle batter, first mix the dry and wet ingredients together separately. Then combine and stir a few times. Overstirring is not as big a deal with GF flour since there is no gluten that you are trying to not activate. As far as baking the waffles, use the instructions that came with your waffle maker. If you threw those away like I did, then try 1/2 c. batter and let them cook until steam stops coming out of the waffle maker.

Note the amount of time that took, because you can then set a timer for each batch after that. That's also the most important tip I can give you. Use a timer! Otherwise you'll get distracted with something else and not remember the waffles until the smoke alarm goes off. This is most likely to happen on the very last set of waffles because you are already stuffed and not standing eagerly over the waffle iron anymore.

If you are trying to serve everyone in your family at once, you can put the finished waffles in a warm oven until all of them are done. The best setup would be to place a wire cooling rack on top of a baking sheet and then place the waffles on a rack. Cover all of this with a kitchen towel so that the waffles don't dry out. I'll be honest though, you can get by with just putting the waffles on a oven safe plate. They will lose some crispness, but they are still good.

Waffles do freeze well, if for some reason you have leftovers.

Gluten Free Waffle Recipe

1 3/4 cups [Gluten Free All Purpose Flour Mix](#)

1 Tbsp. baking powder

1 Tbsp. sugar

1/2 tsp. salt

3 large eggs

16 Tbsp unsalted butter, melted

1 1/2 c. milk (soy, cow, rice, etc)

Mix first four ingredients together in large mixing bowl. Beat the eggs together until frothy. Add the milk to the eggs and stir again. Slowly pour the melted butter into the egg/milk mixture. Stir constantly to prevent the eggs from cooking. Now add the wet ingredients to the dry ingredients and mix just until all of the flour is wet. You don't have to get all of the lumps out. Pour the batter onto a hot waffle iron. Follow the waffle iron manufacturer's directions for cooking. For ours we use 1/2 c. batter and let the waffles cook for five minutes.

P.S. You can reduce the butter down to 8 or 4 Tbsp. if you like. But try it once with 16 Tbsp. It's soooo good!