

Crepes



Anchors/Juniors



15 minutes (Anchors)

30 – 45 minutes (Juniors)



The World Around Us



Baking

WHAT YOU NEED

- Aprons
- Paper Plates
- Cut up pieces of fruit
- Sweet sauces
- Butter
- Lemon
- 140g plain flour
- 200ml whole milk
- Two eggs
- 25g unsalted butter, plus a little extra
- Printed out recipes (see below)

We are so lucky to live in a world that is full of exciting countries and cultures. This activity will allow the young people to take a minute to discover what it might be like to live in a different country and sample a tasty treat that they may have never had the experience to try.

Crepes for example come from France, someone originally first discovered them by accidentally dropping porridge on a flat cooktop. These date back to the 13th century and represent the sun, signalling the end of winter and the start of spring.

This activity promotes the world around us to allow the young people to explore a new culture to learn something new, promote conversations and working together to complete the task and will get something rewarding from it.

INSTRUCTIONS

Anchors

1. Introduce to the young people that in our world there are a variety of diverse cultures, there may even be someone in your company from a different country or culture.
2. Encourage the young people to wash their hands and put on aprons.
3. Use pre-made crepes, which can be bought from Tesco or Sainsbury's.
4. Allow them to decorate their crepes using pre-prepared ingredients.
5. Roll them up and enjoy!

Juniors

1. Introduce to the young people that in our world there are a variety of diverse cultures, there may even be someone in your company from a different country or culture.
2. Encourage the young people to wash their hands and put on aprons.
3. Working together to make the batter, depending on how many are in the group you may want to double it so everyone can get at least one crepe.
4. Have a leader make the crepes, and then put them out for the young people around a table so they can decorate them as they please.
5. Roll them up and enjoy!

Crepes - France

A classic French dessert that is enjoyed with a variety of different fillings whether that is sweet or savoury.

Method

- STEP 1

Sift the flour with a pinch of salt into a medium-size bowl and make a well in the middle. Mix the milk and 100ml of water together. Break the eggs into the well and start whisking slowly. Add the milk and water in a steady stream, whisking constantly and gradually incorporating the flour as you do so.

- STEP 2

Whisk until the batter is smooth and all the flour has been incorporated. Set the batter aside to rest for 30 mins, then whisk the melted butter into the batter.

- STEP 3

Heat the pan over a medium heat. Very lightly grease the pan with melted butter. Using a ladle, pour 2 tbsp of batter into the pan and swirl it around so the bottom of the pan is evenly coated. You want to use just enough batter to make a delicate, lacy pancake. Cook the pancake for about forty-five secs on one side until golden and then using a palette knife or fish slice, flip the pancake over and cook the other side for about thirty secs until it freckles.

- STEP 4

Slide the pancake out of the pan and either serve immediately or stack on a plate with baking parchment in between. Continue until all the batter is used up.

Recipe taken from BBC Good Food.