

# Les crêpes



**Preparation time : 10 minutes**

**Heating time : 20 minutes**

## **Ingredients (For 4 persons) :**

- 1 egg yolk
- 3 tablespoons of flour
- 2 tablespoons of crystalized sugar
- 3 tablespoons of milk
- 1 big apple cut in thin strips
- 1 pinch of cinnamon or vanilla
- 1 egg white whipped up
- 1 spoon of oil
- a pinch of salt
- a terrine
- a frying pan
- a wooden spatula

## **Preparation:**

Make a hollow in the flour, place the egg yolk and mix them with a wooden spoon, gradually adding milk and sugar, and finally the perfume you want and a pinch of salt.

Peel, empty the apple and cut into thin strips you will throw in the dough.

Shake

Then, add the whipped up egg whites, mixing lightly upwards without turning.

Grease a frying pan with a spoon of oil.

When it is hot, put the mixture in it, cover the pan and cook it at low heat during 10 minutes on a side and 10 on the other.

It is necessary that each side is golden brown, but not burned.