

Pancakes (Crêpes / Блины)

Soft, tasty pancakes.

These are European-style pancakes, so they will quite be thin and roughly the diameter of the pan that you'll be using.

INGREDIENTS

- 3 eggs
- 1/2 teaspoon of salt
- 1 tablespoon of sugar
- Pinch of baking soda
- 300 mL milk
- 200 mL water
- 6 - 8 tablespoons of butter (~55g)
- 1 cup of flour (~230g)
- 1 tablespoon of yogurt (2%)

EQUIPMENT

- Non-stick frying pan
- Large bowl
- Whisk
- Spatula
- Ladle
- Small pot
- Plate large enough for pancakes
- Stove

DIRECTIONS

1. Put the butter into the pot and begin melting it on low heat. While it is melting, you can continue with the rest of the recipe. Take care that it does not start boiling. If it does, reduce the heat or take it off.
2. Whisk eggs, salt, baking soda, and sugar until eggs are runny and don't stick to the whisk.
3. Before proceeding to the next step, begin heating up your pan on slightly *above* medium heat. The best heat setting will depending on the size of pan you are using and your stovetop. Read on for more specifics.
4. Add the flour, milk, and water.
5. Whisk until combined. The resulting batter should be slightly viscous but still quite runny, and easy to pour from a ladle.
6. Add yogurt and whisk until combined.
7. Add melted butter and whisk until combined.
8. By this point, the pan should be quite hot and ready for the batter.
9. With a ladle, pour about 100mL of batter into the pan, and move it around in a circular motion to spread the batter into a circular shape. The exact amount of batter to use will depend on the size of your pan. As a rule, you want enough batter to cover the base of the pan, and perhaps just a little more. Experiment with the quantity of batter until you find what works for you.
10. Wait for the first side to cook. You will start to see the batter on the top side begin to turn yellow. Wait until the entire top side changes colour and the batter dries, then check if that side is complete. The colour of the bottom side should be a nice yellow / light brown with possibly some darker brown spots. Burnt areas are *not a good sign*, it means your pan is probably too hot, or you took too long to flip the pancake. If the batter is not ready, count about **10 to 15 seconds**, and check again. Repeat until the bottom is cooked. Make a mental note of roughly how long it took to heat the first side.

11. Flip the pancake, and check after about **20 or 30 seconds**. This time the colour on the bottom side should be a golden yellow with some light brown spots where the batter made most contact with the pan. You don't want to undercook this side, so if you don't see any light brown areas, keep it on the pan until they appear. Again, use the suggested time as a reference. The exact time for you will depend on your pan and stove temperature.
12. Once both sides are cooked, take off the pan and move to a plate
13. Repeat until all of the batter is used up.
14. Serve with some maple syrup, condensed milk, honey, or any other filling of your choice. They are also quite good as-is.

NOTES

- Cooking the first side of the pancake should take no more than **1 minute**. If it's taking longer, it means either the pan is not hot enough, in which case let it heat up a bit longer, or, you need to turn up the heat on the stovetop.
- If you use a lot of batter, the top side may not dry completely before the bottom side is done. Use your judgement on whether the pancake is ready to flip. This will require some trial and error.
- Don't be afraid or discouraged if you burn a few pancakes, or if they don't turn out exactly how you want them to the first few times. It's all part of the learning experience. I certainly burned a few while learning this recipe. Just make a note of how long it takes to prepare each side, and try to keep it consistent.
- These pancakes don't need to be just for dessert. You can also use them to hold ground or minced meat.

ACKNOWLEDGEMENTS

Adapted from the following recipe:

Swedish Pancakes

<https://based.cooking/swedish-pancakes/>