



RECIPE OF THE WEEK: 20/02/2023

Glykes Krepes (Sweet Pancakes)

This is an easy but sumptuous recipe to follow to make perfect pancakes quickly. The difference between the *krepes* and *tyganites* is that the *krepes* are made with flour, milk and either olive oil or butter whereas the *tyganites* are made with flour, water and a little olive oil.

Ingredients (Makes 12 pancakes)

120g plain flour, sifted
a pinch of salt
2 medium free-range eggs
300ml milk
1 tbsp light olive oil, plus extra for frying



To serve

1 lemon granulated sugar or Greek-thyme honey

Method

1. Put the flour and a pinch of salt in a large bowl and set aside.
2. Add the eggs, milk and olive oil in another bowl and beat with a hand whisk until a smooth batter with no lumps is achieved.
3. Gradually add the flour to the batter in stages whisking continuously until smooth and fluffy.
4. Coat the pan with a little olive oil in a 20cm non-stick frying and heat over a medium heat.
5. When the olive oil is hot, but not smoking, pour a ladle and a half full of batter into the pan. Fry the batter on one side for one minute until golden. Gently lift the edges with a small pallet knife until it is completely detached from the pan and flip the pancake over. Cook the other side for one minute.
6. Lift the pancake from the pan and turn it over onto a serving plate. Repeat until all the batter is used up.
7. Serve with a sprinkle of sugar or honey and lemon wedges on the side.
8. For other toppings, you may use blueberries or strawberries, banana slices, grated chocolate with orange zest or savoury options such as grated cheese, feta, halloumi, olives, *zambon* (ham), sausages or *lountza*.