

Savory Chinese Crepe



Makes:

4 servings

Utensil:

Flatbread Pan
small mixing bowl
medium mixing bowl

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Recipe:

Contributed By:

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Recipe Description:

Not commonly found in any restaurant, these Savory Chinese Crepes are a local treat that is commonly sold in Northern China by

traveling food vendors. Before this was a challenge to cook, but now you can enjoy these crepes anytime thanks to the Saladmaster 316Ti Stainless Steel Flatbread Pan!

Watch Ivy make this delicious crepe!

- 1 cup
all-purpose flour
(125 g)
- ½ cup
water
(120 mL)
- ½ cup
milk (dairy or non-dairy)
(120 mL)
- 1 dash
sesame oil, optional
- ½ tablespoon
black bean sauce (8g), mixed with 1 teaspoon (5 mL) water
- 1 tablespoon
chili sauce
(17 g)
- 4 medium
eggs, each egg beaten separately
- 4 - 5 scallions, chopped
- 6 tablespoons
chopped cilantro
(6 g)
- 2 slices
bread, toasted and cut into quarters

Directions:

1. Preheat pan over medium heat.
2. Blend together flour, water and milk in a mixing bowl until smooth. Add sesame oil, if desired.
3. When several drops of water sprinkled on pan skitter and dissipate, use a folded paper towel to wipe a minimal amount of oil on the pan.
4. Pour ⅓ cup of crepe batter into center of the pan and use a spoon to spread the batter evenly. Flip crepe once edges lift easily with a thin stainless steel turner.
5. Once flipped, add a dab of black bean sauce and a dab of chili sauce, spreading evenly across crepe with a spoon.
6. Take one beaten egg and pour over crepe, evenly distributing with a spoon. Sprinkle scallions and cilantro over top.
7. After egg sets, flip crepe to brown other side. Once browned, flip again and top with 2 quarters of toast.
8. Fold in both edges of the crepe, and then fold crepe completely in half. Serve immediately.
9. Repeat 3 more times, or until batter is finished.

Tips:

- Use more or less sauce, depending on spicy or savory preference.
- Toasted bread can be substituted with crackers or Melba Toast.

Nutritional Information per	
Serving	
Calories:	244
Total Fat:	7g

Saturated Fat: 2g
Cholesterol: 189mg
Sodium: 318mg
Total 34g
Carbs:
Dietary Fiber: 2g
Sugar: 3g
Protein: 11g
