

Gluten Free Basic Crepe

Light, delicate gluten-free crepes made with simple ingredients. Perfect for sweet or savory fillings, breakfast, lunch or dinner.

5 min

PREP

20 min

COOK

25 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Ingredients

- 2 egg
- 3 cup milk
- 1 cup water
- 3 tbsp butter
- 1 cup gluten free flour

Instructions

1 Make the batter

Whisk 2 eggs in a large mixing bowl until smooth and well combined, about 30 seconds.

2 Add 1½ cups of the milk to the eggs and whisk until completely combined.

3 Add 1 cup gluten-free flour and 3 tablespoons melted butter to the egg mixture. Whisk vigorously for 1-2 minutes until no lumps remain and the batter is smooth.

4 Gradually add the remaining 1½ cups milk while whisking continuously until the batter reaches the consistency of heavy cream and coats the back of a spoon lightly.

5 Cover the bowl and refrigerate the batter for 1 hour to allow the flour to fully hydrate and the batter to thicken slightly.

6 Cook the crepes

Heat an 8-inch non-stick pan over medium heat (about 175°C/350°F) until a drop of water sizzles and evaporates immediately when dropped in the pan.

7 Lightly brush the pan with oil or butter, then wipe out any excess with a paper towel.

- 8 Pour ¼ cup of batter into the center of the hot pan and immediately tilt and swirl the pan in a circular motion to spread the batter evenly across the bottom in a thin layer.
- 9 Cook for 45-60 seconds until the edges are golden brown and lightly crispy, and the center is set with no wet batter remaining.
- 10 Flip the crepe with a thin spatula and cook for 15-20 seconds more until the second side is lightly golden.
- 11 Transfer the finished crepe to a plate and cover with a clean kitchen towel to keep warm. Repeat with the remaining batter, lightly oiling the pan as needed between crepes.

Tips

Rest the batter for at least 1 hour in the refrigerator to allow the gluten-free flour to fully hydrate and eliminate lumps.

Test your pan temperature by sprinkling a few drops of water on the surface - they should sizzle and evaporate immediately when the pan is ready.

Use a ladle or measuring cup to portion exactly 1/4 cup of batter per crepe for consistent size and thickness.

Swirl the pan immediately after adding batter to create an even, thin layer before the crepe begins to set.

Stack finished crepes on a plate and cover with a clean kitchen towel to prevent drying out while cooking the remaining batch.

Lightly oil the pan only once at the beginning - properly seasoned pans shouldn't need additional oil between crepes.

If batter becomes too thick during cooking, whisk in milk one tablespoon at a time until it reaches the consistency of heavy cream.

Freeze cooked crepes between layers of parchment paper for up to one month - they thaw quickly for last-minute meals.