

Josh's Whole Wheat Crepes

My brother Josh's more nutritious version of the family's crepe recipe reminds us of true buckwheat crepes from Brittany, but they're a lot less fussy. Made with all whole-wheat flour, the batter may thicken a little upon standing; feel free to adjust it as you go. (Josh says the key element to making crepes is using your judgment, instead of staying glued to a recipe. If the batter seems to thicken, add milk. Too thin? Add flour. Pan too hot? Cool it down. Crepes not browning? Turn the heat up. Too greasy? Less butter. *Et cetera.*) You want a batter that's thin enough to run across a hot pan when you swivel it around in your hand, but beyond that, crepes are much more flexible than you might think. Traditional French crepes are paper-thin, but we tend to pour them a little thicker, so more actually make it to the breakfast table.

Fill crepes with chopped fresh fruit and top with whipped cream, or sprinkle with sugar and lemon before folding. For savory crepes, omit the sugar, and add a bit more salt, plus a handful of finely chopped herbs, if you're feeling adventuresome.

And for goodness' sake, don't make them all at once and keep them in the oven. Serve them hot, the instant they come out of the pan.

MAKES: 6 servings

2 cups milk (plus more, if needed)
2 large eggs
1 stick unsalted butter, melted, plus more for the pan
1 1/2 tablespoons sugar
3/4 teaspoon Kosher salt
1 2/3 cups whole wheat flour

Combine the milk, eggs, melted butter, sugar, salt and 1 cup flour in a blender, and whirl until smooth, scraping down the sides of the glass, if necessary. Add all or most of the remaining flour, a bit at a time, until the batter has roughly the consistency of drinkable yogurt (very thin for pancake batter, but not runny). Let the batter sit at least 30 minutes at room temperature, or overnight in the refrigerator. (Bring the batter back to room temperature before continuing.)

Before cooking, thin the batter with a bit more milk, if it seems substantially thicker.

Preheat a crepe pan or large nonstick skillet over medium-high heat. When hot, grease with a dollop of butter (using a stick of butter to smear some directly on the skillet works nicely), and add enough batter to coat the skillet in a thin, even layer when you swivel the skillet around in your hand. (The actual amount of batter will depend on the size of your pan and the thickness of the batter; we used about 1/4 cup.) Cook for a couple minutes, until you see bubbles in the center of the crepe and the bottom side is nicely browned. Flip carefully and cook another couple minutes on the other side. Fill as desired and serve immediately. Repeat with the remaining batter.