

Gluten-Free, Egg-Free, Dairy-Free Crepes ... Yes, Anything is Possible

Alisa Fleming, www.GoDairyFree.org ~ Crepes are in essence dairy, egg, and gluten-loaded creations, so an exact duplicate may not be feasible without these key components. However, Charmaine at Yummy Allergen Free has come up with a pretty tasty option to fit those crepe cravings nicely. After numerous trials she arrived at a single recipe that is not only free from the above noted allergens, but also sugar! These versatile "crepes" can be enjoyed with a sweet filling, such as the apple or strawberry filling Charmaine details below, or a savory filling, such as her dinner-worthy chicken and broccoli filling, also detailed below. Charmaine gives one word of caution before getting started, "If you have never made crepes before the swirling motion may take a little practice."

CREPES:

3 Eggs worth of prepared egg replacer
 3/4c Soy milk (or rice milk for soy free)
 3/4c Water
 3T Melted margarine (or Spectrum Shortening for soy free)
 1/3c Rice flour
 1/8c Sweet rice flour
 1/8c Potato starch
 1/8c Tapioca flour (starch)
 1/2t Salt

Preheat an 8" omelet pan to medium-high. Here are the keys to success:

- Use a heavy duty Teflon coated pan, brand spankin' new if possible.
- Keep an oiled paper towel next to you and give the pan a wipe with it after the removal of each crepe, re-oiling the paper towel as needed.
- Make sure the pan is fully preheated or the first crepe won't brown; then again there is the old saying "the first crepe is for the dog", which pretty much means your first crepe is just for practice.

Put all ingredients into a blender and blend for 1 minute. Scrape down the sides and blend for 1 more minute.

Pour 1/4 cup of batter into the pan, then lift the pan off of the heat and swirl it until the bottom is covered and the batter has stopped flowing. Set the pan back on the heat and cook for about 2 minutes, until the edges are all curled up away from the pan and the bottom has browned a bit. Gently flip the crepe over and brown the other side for about 2 minutes. Remove from pan and lay on a piece of plastic wrap. Continue layering crepes with plastic wrap as you remove them, this will make them more pliable and keep them from sticking to each other.

FRUIT FILLING:

Since I was a little girl it has been a tradition in our family to have fruit filled crepes for breakfast on the morning after a birthday sleepover party. I don't have recipes per say, but these are our 2 favorite fillings.

- Strawberries: 1 pint of chopped fresh strawberries with a few spoonfulls of sugar and a few spoonfulls of water mixed until sugar is dissolved and a syrup is formed. If you prefer an easier version just buy the frozen presweetened strawberries, my girls actually prefer them.
- Apples: chop up a few apples and put them in a pot with just enough water to cover. Add a little sugar and a dash of cinnamon. Bring to a boil. Reduce heat to a simmer and cook, stirring occasionally, until most of the water is gone and apples are tender.

Put a line of filling down the center of each crepe and roll it up. Top with whipped soy cream (Soyatoo) if desired.

SAVORY FILLING:

Here is the recipe for the filling used in the picture above, but really you can fill them with just about anything you like.

4T Margarine
 2T Sweet rice flour
 1c Chicken broth
 1/2c Chopped cooked chicken
 1/2c Chopped cooked broccoli

Melt margarine over medium heat, add sweet rice flour, cook while stirring for 3 minutes (it will look grainy-it's ok). Add a little of the broth at a time, whisking thoroughly with each addition, until all broth is added and the sauce is smooth and creamy. Stir in chicken and broccoli. Cook until heated through. Put a line of filling in the center of each crepe and roll it up. Top with a little of the cream sauce if desired.

Well, there you have it, an extremely long post for Emily's gluten free, egg free, dairy free, *soy free crepes. I hope the length of this post won't scare everyone out of trying them. It's really pretty simple for a special occasion food. Enjoy!

* My versions of this recipes contain soy, but it is all easily replacable. Soy milk=rice milk/chicken broth, margarine=Spectrum shortening, omit Soyatoo whipped cream, and make sure all of your ingredients (ie chicken broth, or any fillings you are choosing to use) are soy free.

Charmaine welcomes feedback and suggestions for this crepe recipe via her blog [Yummy Allergen Free](#).