DISTRICT 5 4-H FOOD SHOW
RECIPE SUBMISSION PAPERWORK

CONTESTANT NAME: Andrew Childress				
CATEGORY *Please check one*	☐ Appetizer	☐ Main Dish	☐ Side Dishes	☒ Healthy Desserts
COUNTY	Henderson			
AGE DIVISION	☐ Junior	☐ Intermediate	☒ Senior	

Name of Recipe: Crepes		
Prep Time: 10 minutes	**Cook Time:** 15 minutes	**Cost:** $7.50

Type Recipe Here:

INGREDIENTS

- 1 cup (240 milliliters) milk
- 2 eggs
- 1 3/4 cups (220 grams all purpose flour
- 1 cup (240 milliliters) sparkling mineral water
- 3 tablespoons (40 grams oil
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt
- 2 tablespoons (30 grams sugar
- Filling
- Strawberry jam
- Fresh strawberries, cut into slices

INSTRUCTIONS

1. In a large bowl, mix together the eggs with sugar, vanilla extract and salt. Stir in milk, add flour and mix well. Add the oil and mineral water and whisk until smooth.
2. Heat a medium nonstick pan over medium heat. Sprinkle a teaspoon of vegetable oil or butter. Poor a small ladle of batter in the middle of the pan and with a circular move spread the batter to the edges of the pan.
3. Cook the crepe until the bottom is light brown. Flip over and cook the other side until light brown. Repeat with remaining batter.
4. Fill crepes with strawberry jam and fresh strawberries.
5. Dust powdered sugar on top before serving if desired.

By submitting the recipe, the contestant releases the recipe for use by Texas 4-H Youth Development and Texas A&M AgriLife Extension.

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