

Part Three: Making the Perfect Omelet and Healthy Crepes: May 20th

Equipment

Chef Knife

Cutting Board with Liner or Damp Towel placed underneath to anchor in place

8" Nonstick Skillet

10-12" skillet for crepe, optional

Offset Spatula or Butter Knife

Pizza Cutter, optional

Rubber Spatula or Nonstick Turner

Small mesh sieve

Whisk

Vessel with a pour spout or ladle for dispensing crepe batter

Food

Bananas

Boursin or Goat Cheese

Unsalted Butter

Canola or Vegetable Oil

Chickpea Flour

Chives or Green Onions

Confectioner's (powdered) sugar, optional

Eggs

Nutella (store brand is okay)

Rice Flour

Sliced or Slivered Almonds, optional