

Crepes



Ingredients:

- Milk - 500 ml.
- Eggs - 2 pcs.
- Meal - 200 g.
- Seed oil - 2 tablespoon
- Sugar - 1 teaspoon
- Salt - 1 pinch

Process of cooking:

1. Scrambled eggs with sugar and salt;
2. Add milk and detailed mix;
3. Add meal, use tammy to get rid of lumps. Fold in meal, regular stirring with a whisk;
4. Add seed oil and mix this.

History:

- Early Slavs crepes were obvious, ceremonial, to be exact – a memorial food. It is develop that the crepes are a common attribute of commemoration in Russian and other Slavic peoples. For the same reason crepes are an indispensable attribute of Maslenitsa holiday. In our time, the crepes are almost not perceived as a ritual food and took their place in the ordinary Russian ration.
- The English and the English-speaking population in Ireland, Australia and Canada also traditionally baked crepes on Maslenitsa. So, custom cooking crepes can also be viewed in the context of Shrovetide defoliation before the Lent.

History

- Some scientists argue that the crepes motherland - China, others say about Egypt as a country in which they first appeared. Although crepes are present in the kitchen of many peoples, on the right to hold them to their national heritage, cuisine historians give the Slavic peoples. Studies have shown that the first crepes appeared on the territory of modern Russia in the pre-Christian times when the Slavs were still pagans. Then crepes were part of the sacrifice to the gods, in particular - the Sun, which explains their round shape.
- History of crepes is very interesting. At that time, people have been known recipe of oatmeal, which are among the main dishes. Legend tells us that the crepes were "accidentally". A man came home and decided to warm themselves jelly, but not follow him, jelly thick fry. A new dish, which was the result of someone's negligence, quickly became popular, and the hostess is constantly working on its improvement.