

Eat The View

Recipes and Tips

Cardamom Crepe

These crepes come from Somalia, where they are called malawax (pronounced ma-la-wah). I like wholewheat flour and as you can exchange a third of white plain flour for wholewheat without it affecting the recipe, I did this. I also like cardamom and so after making the first one, I doubled the amount of cardamon.

Makes 8 to 10 crepes

176 gr plain flour
240 ml milk
240 ml water
1 large egg
50 gr sugar
1 teaspoon ground cardamom
1/8 teaspoon salt
Melted ghee or butter

Combine the flour, milk, water, egg, sugar cardamom and salt. Beat until smooth.

Using a paper towel, lightly grease a medium sized frying pan and place over medium-high heat until well heated. Ladle about 33 ml batter into the pa and gently swirl to cover the bottom evenly in a thin layer. Cook for about 1 to 2 minutes until the batter is no longer runny and bottom is brown or until the crepe releases easily from the pan with a spatula.

Just before flipping, drizzle it with ½ teaspoon melted ghee or butter. Flip the crepe and cook on the second side for abut ½ a minute, or until the edges get crispy and small, golden pockets appear.

Flip onto a plate and sprinkle with your desired amount of sugar. Best eaten while still warm and the edges are still crisp.