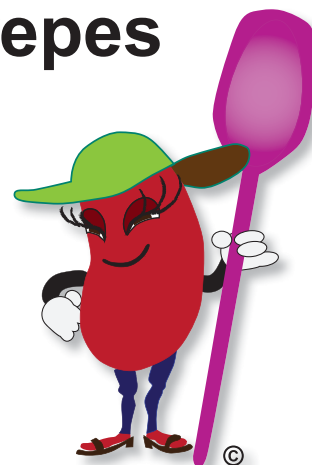


# Beans, Rice And Everything Nice



## Mung Bean Crepes



*makes 12–13 crepes  
about 6–7 inches in diameter*

*original recipe by [beansriceeverythingnice.weebly.com](http://beansriceeverythingnice.weebly.com)*

### Ingredients

*1 cup whole mung beans, sorted and washed  
1/4 cup medium or long grain white rice  
1-1/2 cups water*

- 1.** The night before, sort the mung beans and wash them along with the white rice. Place them in a deep bowl and cover them with about three or four times the amount of water and let soak 8 hours or overnight.
- 2.** After 8 hours or the next day, drain and rinse the mung beans and rice. To save my blender some strain, I like to blend half the mixture at a time. Place about half the soaked mung beans and rice in the blender, add 1/2 to 3/4 cup of the water, and blend on high until all the beans are ground up and a smooth batter is formed. You may add more water, a tablespoon at a time, if needed, to get the mixture blending. Pour into a medium mixing bowl. Repeat with the remaining beans, rice and water. Add to the first batch of puree and mix well to combine.
- 3.** Preheat a non-stick skillet over medium heat. When the pan is hot enough, drop a spoonful of batter (about 1/4 to 1/3 cup) in the centre of the pan. Spread with the back of a spoon in a circular motion, moving outwards from the centre to make a fairly thin crepe or pancake, about 6 to 7 inches in diameter. I like them a bit thicker because I like the soft, spongy, bendable texture. If you make them very thin, they will be more brittle and crispy (still good). Any holes that form can be filled with batter.
- 4.** When the top is looking dry and has changed colour, carefully loosen the edges and release the crepe from the pan. If you meet any resistance, stop trying to lift the crepe and let it cook a little longer. When cooked, it should easily release from the pan without tearing. Flip and briefly cook the other side.
- 5.** After an minute or so, you may flip the crepe back over, place on a plate, and set aside while you make the rest, or you can fill with whatever you like and heat some more. When ready to serve, fold the sides over the filling and transfer to a plate.