

Gili's Mofletta (Moroccan Crepes)
Makes 35 - 10 inch rounds



Ingredients:

- 8 cups all purpose flour (1 kilogram)
- 1 tablespoon salt
- 1 tablespoon sugar
- 1 tablespoon dry yeast
- 3 tablespoons oil (for the dough)
- 1 cup oil (for resting the dough)
- 2 -2/3 cups water (650 ml)

Instructions:

1. In the bowl of a stand mixer, combine the flour, salt, sugar, yeast and 3 tablespoons of oil.
2. Using the dough hook, gradually add the water and allow the mixer to run for about ten minutes. The dough will absorb the water and become soft and sticky.
3. Remove the dough from the bowl and shape it into a ball, coating it with additional oil.
4. Return the dough to the bowl, cover it and let it rise for about fifteen minutes.
5. Pour the cup of oil into a 9 x 13 inch baking pan.
6. Remove the dough from the bowl and divide it into small balls, each one weighing approximately 2 ounces. With oiled hands, roll each portion into a smooth and uniform ball. Transfer each ball to the oil-filled baking pan. Once the pan is full, coat the tops of the balls with oil, cover with a kitchen towel, and let rest for fifteen minutes.
7. Heat a flat griddle or large frying pan over medium heat.
8. Line a work surface with a sheet of parchment paper. Take one ball of dough and place it in the center of the paper. Cover with another piece of parchment paper and start pressing it from the inside out using your hands or a rolling pin. Press the dough into a very thin 10 inch circle. It's okay if there are small tears in the dough. Once the dough is very thin, transfer it to the heated pan and cook the mofletta for a few minutes, until golden brown. Move on to preparing the next ball, flattening it into a thin circle.
9. When one side of the mofletta is cooked, place the new mofletta on top of the previous one. Flip the entire stack of moflettas over so that the new mofletta is allowed to cook on the other side. This is the method. Each time, add a new mofletta to the stack and flip the entire stack. Continue this way until all the moflettas are cooked.
10. To serve, fold each mofletta in half, and then into quarters. Spread with as much butter and honey as you like.

Mofletta
Nutrition Facts
Serving size: 1 each

Amount per serving

Calories 134

% Daily Value*

Total Fat 3.9g 5%

Saturated Fat 0.5g 3%

Cholesterol 0mg 0%

Sodium 200mg 9%

Total Carbohydrate 21.4g 8%

Dietary Fiber 1.2g 4%

Total Sugars 2.9g

Protein 3.5g

Vitamin D 0mcg 0%

Calcium 5mg 0%

Iron 2mg 9%

Potassium 82mg 2%

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.*

Recipe analyzed by www.verywellfit.org