

# **anko**

## **Crepe Maker**

### **FS-688**

## **User Manual**



PLEASE READ AND SAVE THESE  
INSTRUCTIONS FOR FUTURE REFERENCE

## IMPORTANT SAFEGUARDS

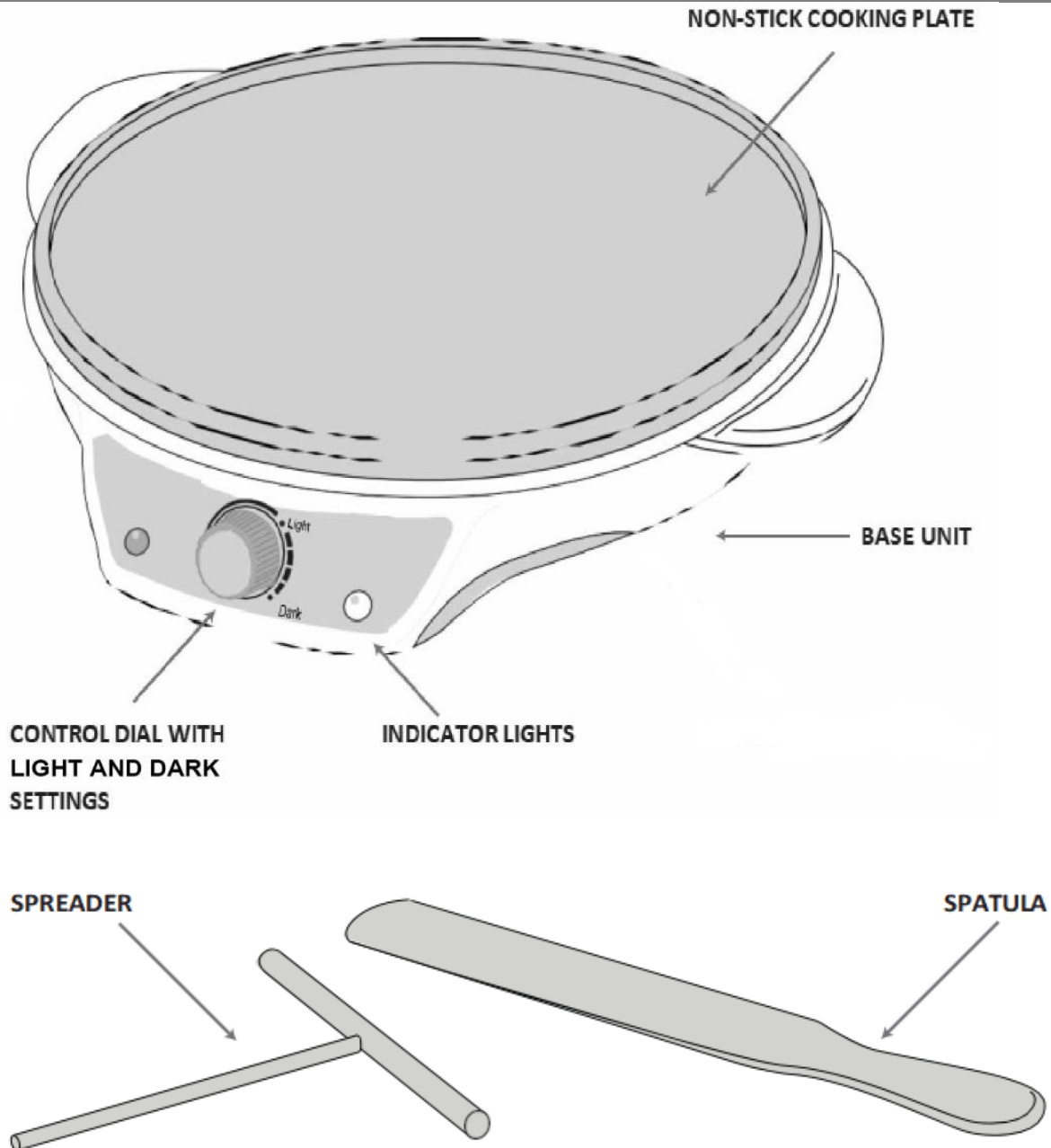
Please read these instructions before operating the appliance.

- ◆ Always use this appliance on a stable, level surface, close to a power socket and out of reach of children.
- ◆ Always ensure that hands are dry before handling the plug or switching ON the appliance.
- ◆ Always carry out regular checks on the appliance and power cord. Should there be any signs of damage, do not attempt to use or repair. This appliance has no user serviceable parts.
- ◆ If the supply cord is damaged, DO NOT use. For electrical safety, any repairs to the product should only be carried out by a qualified electrical person only or the product must be disposed of.
- ◆ This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instructions concerning use of the appliance by a person responsible for their safety.
- ◆ Children should be supervised to ensure that they do not play with the appliance.
- ◆ Always grease the cooking plate with spray oil before adding batter, this will ensure the crepes and pancakes are easy to flip.
- ◆ Always use the accessories provided to spread the batter or flip pancakes over. These accessories have been specifically designed to ensure that they do not scratch the non-stick cooking surface.
- ◆ Always unplug this unit from mains power when not in use and before cleaning.
- ◆ Always allow the appliance to fully cool down before cleaning or storing.
- ◆ Never immerse the appliance, cord or plug into water or any other liquid. This is to protect against electrical shock.
- ◆ Never use this appliance for other than intended use. This appliance is for household use only.
- ◆ Never let the power cord hang over the edge of a worktop, touch hot surfaces or become knotted, trapped or pinched.
- ◆ Never place on or near heat sources.
- ◆ **IMPORTANT! Never leave this appliance unattended during use.**
- ◆ Never touch the external surfaces of the appliance during use as they may become very hot.
- ◆ Never touch the external surfaces of the appliance during use as they may become very hot.
- ◆ Never allow this appliance to touch flammable materials when in use, as this may be a fire risk.
- ◆ Never operate the appliance by means of an external timer or separate remote-control system.
- ◆ Never use this appliance outdoors.
- ◆ This appliance must be connected to an earthed power outlet socket. If unsure check with an electrician.

- ◆ There are no user-serviceable parts inside this appliance. Always refer servicing to qualified electrical service personnel.
- ◆ Do not allow this product to be exposed to rain or moisture during use or storage.
- ◆  **Caution, hot surface. Care must be taken. The surfaces are liable to get hot during use.**

**SAVE THESE INSTRUCTIONS  
FOR HOUSEHOLD USE ONLY**

## KNOW YOUR CREPE MAKER



### BEFORE FIRST USE

**CAUTION:** Do not immerse the Crepe Maker MAIN BODY, POWER CORD or the PLUG, in water or any other liquids.

- ◆ Before using your Crepe Maker for the first time, remove any packaging material and promotional labels. You may wish to keep the packaging for future use.
- ◆ Ensure the Crepe Maker is switched OFF at the power outlet and the power cord is unplugged.

- ◆ Check that the cooking plate is clean and free of manufacturing dust, by wiping the plate with a slightly damp soft cloth.
- ◆ Wipe the outside of your Crepe Maker with a slightly damp soft cloth.
- ◆ When the unit is heated for the first time it may emit a little smoke, this is normal and no cause for concern. It is simply manufacturing dust being burnt off the heating element and will disappear after the first use.

## HOW TO USE YOUR CREPE MAKER

**WARNING: The surface of your Crepe Maker will become hot, so exercise caution.**

**IMPORTANT! DO NOT use metal utensils to spread the batter, this will damage the non-stick cooking surface. Always use the spreader and spatula supplied with the product.**

1. Plug the appliance into the wall socket. The red power light and the Green working indicator will light up on standby mode. Set the control dial to the desired cooking temperature setting from light to dark. The red lamp will be ON constantly. The green lamp will light up when the appliance has stopped heating (when it reaches the desired temperature or when it is on standby mode).
2. Preheat the unit on either light or dark setting. Once the cooking plate is at the correct temperature for your recipe and the batter has been prepared, you can start making crepes or pancakes.
3. Spray a little oil onto the cooking plate. When making pancakes, spoon the batter onto the cooking plate. You will be able to cook up to 4 small pancakes at a time. Take care as the batter will spread. Flip them over after about 1 minute and start cooking the other side.
4. To cook crepes, heat the unit with low heat and use a spoon to pour a thin layer of batter onto the cooking plate. Use the batter spreader to spread the batter evenly in a circle over the cooking plate. When you have made a large circle, turn the control dial up to continue cooking. Spreading the batter on a low heat helps the crepe not to tear.
5. The crepe will be covered with little bubbles after 2 minutes. Loosen the edges with the wooden spatula and flip the crepe over. The second side will cook quicker. When it is golden brown, remove the crepe from the cooking plate. Repeat if you wish to make more crepes. You can keep crepes warm by placing them in an oven on a low heat setting and cover with greaseproof paper in between layers.
6. Switch OFF and remove the plug from the plug socket once you have finished.

**CAUTION: Coming in contact with hot surfaces can cause severe scalding. Never leave the appliance unattended during use. Adult supervision required when used by or near young children.**

## CLEAN AND MAINTENANCE

This appliance should be cleaned after each use.

**CAUTION: Do not immerse the crepe maker in water or in a dishwasher!**

- ◆ Always unplug your crepe maker from the mains power outlet socket before attempting any cleaning or maintenance.
- ◆ Ensure that your crepe maker has completely cooled down before cleaning, as it gets very hot during use.
- ◆ Using a non-metallic utensil, gently scrape any residue off the surface of the cooking plate and wipe the surface with a damp cloth.
- ◆ To remove any stubborn residues, pour a small amount of cooking oil onto the hardened batter. Allow to set for 5 minutes, and then wipe the softened batter off with a soft cloth.
- ◆ Do not use coarse scouring pads or steel wool for cleaning as these will damage the surface, only use products suitable for use on non-stick cooking surfaces.
- ◆ Use a soft damp cloth to clean the exterior. Dry thoroughly.

## STORAGE

1. Unplug the crepe maker from mains power.
2. Allow the appliance to cool down completely.
3. Clean and dry the appliance and accessories.

**WARNING! Do not wrap the power cord around the appliance.**

4. Store the appliance in a dry location and out of the reach of children.

## TECHNICAL SPECIFICATIONS

Voltage: 220-240V~ 50-60Hz

Power: 1200W

## RECIPES

### **Ingredients for 10 crepes approximately:**

- 500 ml light milk with 1.5% fat
- 1 egg
- 10 to 12 tablespoons flour for all uses
- a little margarine or oil or butter
- salt

**Note: For sweet crepes, you can add 1 vanilla flavor.**

### **Method:**

Sieve the flour.

In a bowl, put the milk, egg, a little salt and stir with a mixer or whisk. Gradually add the flour and stir continuously so that it does not clog.

Add flour slowly to achieve the density you want (that is, to have a mean dough density).

Cover the mixture and let stand for 1 hour in the refrigerator.

For baking, follow the instructions in "Use of the crepe maker".

### **Serving tips**

- If you want to keep the crepes warm until they are all baked, you can place the crepes prepared in the oven at 100°C.
- You can make the crepes and put them in the freezer, wrapped them (depending on how many you would like to bake each time) with film or foil so that they will be ready whenever you want them. Just defrost, fill them with ingredients of your choice and warm them up.
- You can keep them in the refrigerator for about a week, stacked on top of each other and wrapped with film.

## **FLORENTININE CREPES (WITH SPINACH)**

### **For the crepe dough:**

- 80g (2/3 cup) flour
- 140ml milk
- 2 eggs beaten
- 2 tablespoons butter, melted
- 1/2 teaspoon fennel seeds (optional)
- pinch of salt

### **For bechamel:**

- 1L milk
- 50g butter
- 50g (2/5cup) flour
- 1/3 cup cream
- salt, pepper, nutmeg

### **For the filling:**

- 1200g tender spinach
- 600g ricotta (or cream cheese)
- 3 eggs beaten
- 3 fresh onions cut into slices
- 30g grated parmesan
- salt, pepper, nutmeg
- 4 tablespoons olive oil
- 500g tomato sauce (homemade or prepared)

### **Method:**

For the crepes, stir in a bowl the flour with salt and fennel seeds and pour in half the eggs.

Stir with whisk and add the melted butter until it becomes a mixture.

Pour the milk slowly, stirring to incorporate the mixture to 1/4. Then pour it all together and beat the batter.

When the batter becomes smooth leave it to stand for 30 minutes to 1 hour.

Bake the crepes over medium heat. For baking, follow the instructions in "Using the crepe maker". To keep the crepes warm, put them on one plate over the top and cover them with aluminum foil.

For the filling, immerse the spinach for 2 minutes in boiling water and drain pressing to leave all liquids. Heat the olive oil and saute the onion for 3 minutes.

Add the chopped spinach, salt, pepper, nutmeg and stir with a spatula on a rather high heat for 3-4 minutes. Remove from heat and allow to cool. In a deep pan, crush the ricotta cheese with a fork and mix with parmesan cheese and eggs. Add it to the cold spinach and stir until the filling materials are mixed. Put one tablespoon of the filling on one edge of each crepe. Wrap the crepe carefully by turning both edges inwards to close the filling.

To make the bechamel, heat the butter in a saucepan and add the flour. Stir continuously at medium heat for 4-5 minutes. Remove from the heat and pour the milk, cream, salt, pepper and nutmeg by stirring vigorously. When it is smooth, cook over low heat until it starts to thicken, stirring continuously.

Turn on the oven at 190°C.

Place the crepes stuck to one another in one or two buttered ovenproof dish to which you have spread 3-4 tablespoons of bechamel. Cover the crepes with the tomato sauce and pour the remaining bechamel and grated parmesan cheese. Bake them for about 15 minutes and serve them warm.

## **CREPES WITH CHEESE AND MUSHROOMS**

### **For the crepe dough:**

- 240g (2cup) flour
- 5 eggs
- 300ml milk
- 1/4 pack of butter, melted
- 150g hot water
- pinch of salt

**For the filling:**

- mushrooms
- 1 tablespoons butter
- 15ml White wine
- 74g Cheeses grated
- 500g Cream
- a little sunflower oil for frying

**Method:**

Beat flour with eggs, milk, butter, salt and water.

Make the crepes in the crepe maker.

Saute the mushrooms in butter, salt, pepper, wine and simmer.

Put some cream to thicken and 1/4 cup of cheese and just begin to melt remove from heat.

Put some filling on each crepe, wrap them and put them in a buttered ovenproof dish.

Pour the crepes with the rest of the cream and sprinkle with the remaining cheese. Pour 2-3 pieces of butter on the top, cover with aluminum foil and bake for 30 minutes at 200 degrees.

Shortly before the end, remove the foil to brown.

**CREPES WITH CHOCOLATE****For the crepe dough:**

- 90g (3/4cup) sifted flour
- 2 tablespoons of sugar
- 2 eggs
- 1 egg yolk
- 240g warm milk
- 40g butter melted
- 1 pinch of salt

**For chocolate:**

- 150 ml milk liquids
- 150 ml cream 35% fat
- 1 tablespoon of honey
- 300 g cocoa dark chocolate, cut into small pieces
- 2 cinnamon sticks
- zest of 1 orange

**Method:**

Mix the flour, sugar, salt and zest. Add the eggs and yolk and stir until it becomes a batter. Add the milk slowly and stirring constantly. Pour the melted butter and stir again. Allow the mixture to rest for 15 minutes. Make the crepes in the crepe maker and place them on a baking paper.

**For chocolate:**

In a saucepan, boil the milk, along with cream, honey, cinnamon and zest.

Pour over the chopped chocolate and stir well. Remove the cinnamon sticks and share in individual bowls.

Fold the crepes into triangles, dip them into hot chocolate and serve them warm.

**CREPES WITH HOMEMADE NUTELLA****For the crepe dough:**

- 125g (1 cup) sifted flour
- 1 pinch of sugar
- 2 eggs
- 37ml milk liquids
- 40g Butter melted
- 1/4 tablespoon salt
- 10 biscuits (for serving)

**For homemade chocolate:**

- 100 g chopped chocolate
- 110 g hazelnuts baked
- 1 tablespoon full of cocoa
- 250 ml sweetened milk
- 1 tablespoon honey
- 1 pinch of salt

**Method:**

Beat the eggs with whisk, add milk, flour, butter, sugar and salt. Beat well with the whisk until it becomes a batter. The mixture must be diluted. Cover and leave the mixture for 1 hour to stand. If the mixture is thick add some milk.

Make the crepes in the crepe maker.

**For homemade chocolate:**

Spread the hazelnuts on a baking dish and bake them for 10 minutes at 200°C until golden brown. Rub them in a clean towel to leave the peel of the hazelnuts. Allow to cool thoroughly.

Melt the chocolate in a bain-marie and allow to cool down to room temperature.

Grind the hazelnuts. With a spatula, scrape the bowl because the hazelnuts become paste and stick. Add the cocoa, sugar, salt and grind it all together. Finally add the melted chocolate.

Stir the ingredients until homogenized.

**For serving:**

Pour the pancakes with homemade chocolate and sprinkle with grated biscuit.

## SKINNY LEMON AND BLUEBERRY PANCAKES

- 150g cooked and cooled quinoa
- 50g buckwheat flour
- 1.5 tsp baking powder
- 1/4 tsp salt
- 3 large egg whites
- 100ml low fat Greek yogurt
- 2 tbsp milk
- 1 tbsp honey/agave syrup
- 1 tsp vanilla
- 1 tbsp grated lemon zest
- 100g blueberries
- Spray oil

### Method:

1. Place all the ingredients except the blueberries into a blending jug and blend until smooth. Add the blueberries into the batter and mix well. Heat the cooking plate and spray with a little oil.
2. Pour the batter into 4 rounds onto the cooking plate and cook until the batter bubbles, flip over and continue cooking until springy and cooked through.
3. Serve in a stack and drizzled with honey or agave syrup.

*Makes 12 Pancakes, Serves 2-3*

## CINNAMON QUINOA PANCAKES

- 125g cooked cooled quinoa
- 1/4 tsp baking powder
- 1/4 tsp ground cinnamon
- 1 tsp stevia
- 1/4 tsp vanilla
- 2 eggs
- Spray oil

**Method:**

1. Place the ingredients into a blending jug and blend until smooth.
2. Heat the unit on a medium heat and spray with a little oil, pour the batter to make 2 large pancakes, when the batter starts to bubble, flip them over and cook for a couple of minutes until fully cooked and springy.
3. Repeat with the remaining batter. Then stack 2 per person and serve with fruit, yogurt or a drizzle of maple syrup.

*Makes 4 large Pancakes, Serves 2*

**CINNAMON SPICE PANCAKES**

- 70g apple puree
- 1 egg
- 1 small ripe banana
- 1 scoop vanilla protein powder
- 60g jumbo oats
- 1 tsp cinnamon
- 1/2 tsp mixed spice
- 1 tsp baking powder
- 1 tsp vanilla
- 4 tbsp milk
- Spray oil

**Method:**

1. Place all ingredients in a blender and whiz until smooth.
2. Heat the unit on a medium heat and spray with a little oil. Place 4 spoonsful of batter onto the griddle and flip over when the batter starts to bubble.
3. Serve with yogurt and fruit or a drizzle of honey or agave syrup

*Makes 8 Pancakes, Serves 2*

## **BANANA AND CHOCOLATE CHIP PANCAKES**

- 1 very ripe banana, mashed
- 30g buckwheat flour
- 1 scoop protein powder,
- Vanilla or chocolate
- 1/4 tsp baking powder
- 1 large egg
- 2 tbsp skimmed milk
- 1 tbsp chocolate chips
- 85% cocoa content
- Spray oil

### **Method:**

1. Mash the banana in a medium sized bowl and add the remaining ingredients and mix thoroughly to combine. Heat the unit and spray with a little oil.
2. Pour 4 pancakes onto the greased plate and cook until small bubbles appear then flip them over.
3. Serve them with fruit, yogurt or a drizzle of syrup and a little grated chocolate over them.

*Makes 8 Pancakes, Serves 2*

## **OAT CREPE**

- 100g jumbo oats
- 30g ground flax seed
- 1 tbsp chia seeds
- 1 tsp vanilla extract/paste (optional)
- 2 large eggs
- 1/2 tsp stevia (optional)
- 375ml skimmed milk
- Spray oil

**Method:**

1. Place all ingredients into a blender and blend until smooth.
2. Heat the pancake/crepe maker on a low setting and spritz a little oil on the plate. Pour on a ladle full into the center of the unit, using the spreader spread out thinly around the plate then turn the heat up to the high setting. When the crepe starts to bubble slightly use the spatula to flip it over and continue cooking until golden brown.

*Makes 6 Crepes, Serves 3*

**NUTTY BANANA PANCAKES**

- 1 ripe banana, mashed
- 65g egg whites
- 20g ground almonds
- 20g coconut flour
- 1 tbsp. ground flax seed
- 1/2 tsp ground cinnamon
- 1 tbsp. peanut butter
- 1 tsp vanilla
- Coconut oil spray

**Topping:**

- 3 tbsp skimmed milk
- 2 tsp maple syrup
- 1 tsp peanut butter

**Method:**

1. In a jug, add the mashed banana, egg whites, peanut butter and vanilla then mix well. Add in the dry ingredients and stir until relatively smooth.
2. Heat the unit on a medium setting and spray the cooking plate with coconut oil spray.
3. Pour 4 pancakes onto the griddle and wait for little bubbles to appear on the surface then flip them over for a couple more minutes until cooked through.
4. Mix the milk, maple syrup and peanut butter together and drizzle over the stack of pancakes.

*Makes 8 Pancakes, Serves 2*

## 12 Month Warranty

Thank you for your purchase from Kmart.

Kmart Australia Ltd warrants your new product to be free from defects in materials and workmanship for the period stated above, from the date of purchase, provided that the product is used in accordance with accompanying recommendations or instructions where provided. This warranty is in addition to your rights under the Australian Consumer Law.

Kmart will provide you with your choice of a refund, repair or exchange (where possible) for this product if it becomes defective within the warranty period. Kmart will bear the reasonable expense of claiming the warranty. This warranty will no longer apply where the defect is a result of alteration, accident, misuse, abuse or neglect.

Please retain your receipt as proof of purchase and contact our Customer Service Centre on 1800 124 125 (Australia) or 0800 945 995 (New Zealand) or alternatively, via Customer Help at [Kmart.com.au](http://Kmart.com.au) for any difficulties with your product. Warranty claims and claims for expense incurred in returning this product can be addressed to our Customer Service Centre at 690 Springvale Rd, Mulgrave Vic 3170.

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

For New Zealand customers, this warranty is in addition to statutory rights observed under New Zealand legislation.