

Crêpes: Sweet or Savory...A Delicious French Treat

food and recipes

BY JENNIFER CHANDLER/FOOD STYLIST
PHOTOGRAPHY BY NATALIE ROOT



Stacked Mushroom Crêpes With Mornay Sauce



Beggars Purses With Caviar

WHAT IS DELICIOUS ROLLED, FOLDED, STUFFED OR STACKED? WHY, CRÊPES, OF COURSE!

These delicate, wafer-thin pancakes are probably one of the most versatile foods around. Prepared either sweet or savory, they are perfect for every course...every time of day.

Made from common ingredients...flour, eggs, milk, butter and a pinch of salt, crêpes are easy to make at home. Whether serving a simple meal or hosting an elaborate party, your friends and family will be impressed with your newly found French flair.

Savory crêpes can be filled with such items as cheese, asparagus, ham, spinach, eggs, mushrooms, chicken or even caviar. Serve them as an appetizer, a side dish or an entrée. Sweet dessert crêpes are delicious stuffed with such delights as jam, melted chocolate, ice cream or fresh fruit.

Here are some sweet and savory recipes to delight everyone who sits down at your table!



Southwest Chicken and Corn Crêpes

CRÊPE BATTER

Adapted from *Crêpes* by Lou Seibert Pappas

Makes 16 6-inch crêpes

- 2 large eggs
- 1 cup milk
- 1/3 cup water
- 1 cup all-purpose flour
- 1/4 tsp. salt
- 2 tbsp. butter, melted, plus 2 or 3 tsp. butter for coating the pan

In a blender or food processor, blend the eggs, milk, water, flour, salt and 2 tbsp. melted butter for 5 seconds, or until smooth. Stir down, and repeat if necessary. Cover and refrigerate for at least 1 hour (though 2 hours is preferable) or up to 24 hours.

Gently stir batter if it has separated. Heat a seasoned nonstick 6-inch crêpe pan over medium-high heat until hot. Coat the pan lightly with butter, lift the pan from the heat, and pour in 2 or 3 tbsp. batter, tilting and rotating the pan to coat the surface. Cook until almost dry on top and lightly browned on the edges, about 1 minute. Loosen the edges with a metal spatula, and flip the crêpe over using your fingers or the spatula; cook the other side for 15 seconds, or until lightly browned. Turn the crêpe out onto a clean tea towel to cool. Repeat with the remaining batter, wiping the pan with butter as needed and stacking the crêpes as they are cooked.

BEGGAR'S PURSES WITH CAVIAR

Makes 16 appetizers

- 16 crêpes
- 1 cup light sour cream
- 3 oz. (1/3 cup) golden, black or red caviar
- 1 tbsp. minced chives
- 16 chives, about 6 inches long

Spoon 1 tbsp. sour cream and 1 tsp. caviar onto the center of each crêpe. Garnish with a sprinkle of minced chives. Form each crêpe into a bundle and tie with a chive. Serve immediately.



Nutella® Crêpes

STACKED MUSHROOM CRÊPES WITH MORNAY SAUCE

Adapted from *Crêpes* by Lou Seibert Pappas
Serves 6

For the Mornay Sauce:

2 tbsp. butter
4 tbsp. flour
1 1/2 cups milk
3/4 cup chicken broth
Salt and freshly ground pepper, to taste
1/4 tsp. freshly grated nutmeg
1 cup shredded Gruyère cheese

For the crêpes:

2 tbsp. butter
2 shallots, finely chopped
1 1/2 cups sliced white mushrooms
3 tbsp. minced fresh flat-leaf parsley
8 crêpes
1/4 cup shredded Gruyère cheese

To make the Mornay Sauce, melt the 2 tbsp. butter in a medium saucepan over medium heat. Add the flour and cook, stirring, until the mixture is bubbly, about 1 minute. Add the milk, broth, salt and pepper to taste, and nutmeg; whisk until the sauce thickens and comes to a boil. Reduce the heat and simmer, whisking occasionally, for 2 to 3 minutes. Stir in the Gruyère. Remove the pan from the heat, and set aside.

In a large skillet over medium heat, melt the additional 2 tbsp. butter, and sauté the shallots for 1 minute, or until translucent. Add the mushrooms, and sauté for 2 minutes, or until soft. Reserving 1/3 cup Mornay Sauce for the topping, mix the mushrooms and parsley into the remaining sauce.

Place a crêpe in a greased 9-inch pie pan, and cover it with 2/3 cup of the filling. Cover with a second crêpe and repeat the filling, stacking and layering of the remaining crêpes. Leaving the top crêpe unfilled, spread the reserved Mornay Sauce over it and sprinkle with the remaining 1/4 cup Gruyère.

To bake, preheat the oven to 375° F. Bake for 20 to 25 minutes, or until heated through. Cut into wedges, and serve immediately.

SOUTHWEST CHICKEN AND CORN CRÊPES

Makes 6 crêpes

2 ears fresh corn or 1 cup frozen corn kernels, defrosted
 2 tbsp. extra-virgin olive oil
 1 red bell pepper, seeded and diced
 1 scallion, thinly sliced
 1 egg
 3/4 cup ricotta cheese
 1/2 cup shredded Monterey Jack cheese
 1 garlic clove, minced
 1 rotisserie chicken, skin removed and meat shredded
 Kosher salt and freshly ground pepper to taste
 6 crêpes

If using fresh corn, cut the kernels from the cob. In a large pan, heat the oil until hot over medium-high heat. Add the corn kernels, red bell pepper and scallions, and sauté until the vegetables are soft. Remove from the heat and set aside.

Preheat an oven to 350° F.

In a medium bowl, whisk together the egg and ricotta cheese. Stir in the Monterey Jack cheese, garlic, shredded chicken and vegetables. Season to taste with salt and pepper.

Spoon the filling down the center of each crêpe, and roll to enclose. Bake on a lightly greased baking pan for 10 to 15 minutes, or until heated through. Serve immediately.

NUTELLA® CRÊPES

Makes 4 crêpes

Nutella is a delicious chocolate hazelnut spread that can be found in the jam and jellies section of most grocery stores.

4 warm crêpes
 1 cup Nutella
 1/4 cup toasted and skinned hazelnuts, crushed

Spread the Nutella evenly over one side of each crêpe. Fold the crêpe over in half, and then cut into two pieces. Place the two pieces on the plate, and sprinkle with the crushed hazelnuts. Repeat with remaining crêpes. Serve immediately. ●



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