



CRÊPES WITH HAM & MUSHROOMS *(serves 4)*

Recipe by KATHRYN JOEL

Bechamel Sauce:

20g unsalted butter

20g all-purpose flour

300ml whole milk, heated until almost boiling, or use more for a looser sauce

salt and pepper, white pepper is ideal

freshly grated nutmeg

Filling:

30g unsalted butter, and more as needed

1-2 tbsp extra virgin olive oil

250g mushrooms, washed, dried & sliced

2 cloves garlic, lightly smashed

2 sprigs fresh thyme, leaves picked and chopped

200g cooked ham, diced

Large handful flat leaf parsley, chopped

Salt and pepper

Topping:

300ml whipping cream, reduced

100g Swiss Gruyere or Emmenthal, grated

Optional aromatics to infuse the cream: a slice of onion, a bay leaf, a few parsley stalks and a sprig of fresh thyme

- Preheat your oven to 400°F and butter a gratin dish.
- For the bechamel, in a small pan melt the butter over a medium heat.
- Using a wooden spoon, stir in the flour then cook for 2 or 3 minutes until you have a smooth, golden roux.
- Gradually whisk in the hot milk, whisking until smooth after each addition.
- Bring to the boil then lower the heat and cook, stirring until thickened, then remove from the heat.
- Season to taste with salt, pepper and nutmeg, cover, and set aside.

- In a wide sauté pan, heat the butter and olive oil over a medium high heat adding the smashed garlic cloves. Sauté the sliced mushrooms, adding the fresh thyme, until seared, in batches as necessary so they aren't overcrowded in the pan. Remove the garlic and set aside.
- In a bowl, combine the sautéed mushrooms with the ham then add the béchamel sauce, stirring to combine, and season to taste. Stir in the chopped parsley.
- Divide the filling between 8 crêpes, roll them up tightly. Arrange the crêpes seam side down in the prepared baking dish.
- Meanwhile reduce the whipping cream until slightly thickened. To infuse flavour, you can add a sprig of thyme, some parsley stalks, a bay leaf and a slice of onion to the cream as it heats. Strain through a sieve before pouring over the crêpes.
- Pour the reduced cream over the crêpes, then sprinkle with the grated cheese.
- Bake for 15-20 minutes until hot and golden brown, then serve.

Crêpes

1 ½ cups all-purpose flour

4 large eggs

½ tsp salt

1 ½ cups whole milk, divided, and more as needed

Cooking oil, grapeseed or canola

- Combine the eggs with 1 cup of the milk
- Sift the flour and salt together, then whisk in the milk then the eggs. Alternatively add the flour and salt to a blender then add the milk and eggs and blend for one minute, scraping down the sides with a rubber spatula halfway through.
- If there are any lumps, pass the batter through a sieve.
- Allow to rest for at least 20 minutes or longer.
- Adjust the consistency of the batter with more milk as needed. It should be the consistency of thick whipping cream.
- Heat a non-stick frying pan over a medium heat then brush with cooking oil and pour in just enough batter to coat the bottom of the pan, swirling the pan to distribute the batter.
- Cook until lightly golden, then flip and cook for 20 seconds or so. You'll see the edges bubble and colour when the crêpe is ready to flip.
- Stack on a wire rack as you make more.

CRÊPES SUZETTE *(serves 4)*

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4 sweet crêpes (recipe follows)

3 tbsp sugar

2 tbsp butter, unsalted

Grated zest of 1 orange

1/3 cup freshly squeezed orange juice

3 tbsp grand marnier, Cointreau or triple sec

- In a pan, melt together the sugar and butter.
- Add the orange zest, juice and liqueur, and bring to a simmer.
- Simmer for a minute or so.
- Add 1 crêpe, turning to coat, then folding into quarters.
- Move to the side of the pan and repeat with the remaining crêpes.
- Add a little more liqueur, flambé then serve.

Crêpes Sucrées *(makes 10-12 6 inch crepes)*

1 cup flour

3/4 cup cold milk

1/3 to 1/2 cup cold water, as needed

3 egg yolks

1 tbsp granulated sugar

3 tbsp Grand Marnier, Cointreau, rum, or brandy

5 tbsp melted butter

pinch of salt

unscented oil

- Combine the ingredients in your blender, and blend on high for 1 minute.
- Pour into a bowl, cover, and refrigerate for at least 2 hours, or overnight.
- Adjust the consistency of the batter with more milk or water, as needed. It should be the consistency of thick whipping cream.
- Heat a 6 1/2 to 7 inch non-stick pan over a medium high heat, then brush it with unscented oil.
- Pour a scant 1/4 cup of crêpe batter into the pan, tilting the pan to distribute it in a thin, even layer.
- Cook for 1 to 2 minutes, until the crêpe is golden brown, then turn it and cook for another 30 seconds to a minute.
- Transfer to a rack and continue making crêpes, brushing the pan with more oil, until you have used all of the batter.

EQUIPMENT

Digital weighing scale

Measuring cups and spoons

Knives and cutting boards

Mixing bowls

2 pots for savoury filling

Blender or whisk for making batters

Non-stick pan for cooking crêpes

Pastry brush for oiling pan

Cooling rack

Non-stick or stainless sauté pan for crêpes suzette

Baking / gratin dish for crêpes

Grater for cheese and citrus zest