

Crepes

Although crêpes are often thought of as the province of the French, similar pancakes abound in countries as diverse as Greece and Iceland. From Julia Childs, in her book [Julia's Kitchen Wisdom](#), is this simple, master recipe that you can use for both sweet and savory crêpes. Be sure to allow the batter to refrigerate for at least half an hour, to allow the flour particles to absorb the liquid, which will give you a tender crêpe. Instant-blending or all-purpose flour may be used, although the former will need less time in the fridge. You may have to experiment with the temperature of your range to get the heat right; the crepes must cook through to a golden color without burning, If you are not using them right away, cool the crêpes thoroughly, stack and refrigerate for two days, or freeze them for several weeks.

This recipe makes about twenty 5-inch crepes or ten 8-inch crepes.

Julia Child's Master Crêpe Recipe

INGREDIENTS:

- 1 cup flour
- 2/3 cup cold milk
- 2/3 cup cold water
- 3 large eggs
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- 1/4 tsp salt
- 3 TBSPs melted butter, plus more for brushing on pan

DIRECTIONS

- 1) Mix all ingredients until smooth in a blender or with a whisk. Refrigerate.
- 2) Heat a non-stick frying pan over medium heat. Brush with melted butter.
- 3) Pour in 2 to 3 TBSPs of batter into the center of the pan and then tilt the pan in all directions to cover the bottom evenly. Cook about 1 minute, or until browned on the bottom. Turn and cook briefly on the other side.
- 4) Cool on a rack or plate as you finish making the rest. Serve as desired.

CHOCOLATE CREPES – These are fabulous with any fruit or dessert filling!

INGREDIENTS

- 2 oz. of semisweet chocolate (morsels or bar chocolate)
- 1 cup of milk
- ½ cup of half and half
- 2 tbsp of cocoa powder
- 1 tbsp of granulated sugar
- 1 cup of all-purpose flour
- 2 eggs

PREPARATION

1. Pour milk into small sauce pan and heat gently. Combine chocolate with milk. If using bar chocolate, break into pieces before combining. Stir gently until chocolate is completely melted.
2. Combine chocolate and milk mixture and remaining ingredients into blender and process until smooth. *Important:* Refrigerate the batter for at least 30 minutes. This gives the batter the opportunity to rest and fully come together.

Savory Crepe Sauces & Fillings

One or two of these fabulous crepes and a nice fresh salad; could dinner be simpler or more delicious? Be careful not to overload your crepe, less is more in this case.

MORNAY (CHEDDAR CHEESE) SAUCE -- Yield: 2 cups of sauce

INGREDIENTS

- 3 tbsp of butter
- 4 tbsp of flour
- 2½ cups of 1% milk
- 1¼ cups of grated mild cheddar cheese
- 1 tsp of salt
- Pinch of white pepper

PREPARATION

1. Melt the butter in a medium saucepan over medium heat. Whisk in the flour after the butter has melted. Cook for 1 minute, whisking constantly so that mixture does not burn.
2. Heat milk in a microwaveable container until hot (about 2½ minutes). Add milk gradually to saucepan. Bring mixture to a slow boil and continue to whisk until it is smooth and thick. Reduce heat and simmer for 2-3 additional minutes. Add cheese and seasonings and stir until combined. Remove from heat and serve.
3. *Note:* If you've made this sauce for another recipe, or to keep warm, you may place it in a double boiler over a pan of just simmering water to keep it hot until ready to use.

SWISS CHEESE SAUCE FOR CREPES - Yield: About 1½ cups of sauce

This easy and never-fail swiss cheese sauce complements all of your savory crepe recipes. It includes both swiss and parmesan cheeses blended together in a smooth cream.

INGREDIENTS

- ⅓ cup of dry white wine
 - 2 tbsp of milk
 - 2 tbsp of cornstarch
 - 1½ cups of heavy cream
 - ¼ tsp of salt
 - Pinch of white pepper
 - ½ cup of grated swiss cheese
 - ¼ cup of grated parmesan cheese
 - Pinch of nutmeg (optional)
1. Add milk to cornstarch in a small bowl. Stir until cornstarch is dissolved. Set aside. Pour wine into a medium saucepan and bring to a boil. Reduce to 1 TBSP.
 2. Remove from the burner and stir in milk-cornstarch mixture. Add cream, salt and pepper. Stir and let simmer for 2 minutes. Add both cheeses and whisk together until melted. Simmer for one minute more. Remove from heat, stir in nutmeg, and serve.

Savory Crepe Recipes by [Ashley Gartland](#) Photograph by Marcus Nilsson



Make your own, or start with store-bought pancakes so you can enjoy these flavorful French favorites in a flash...for breakfast, lunch, or dessert.

Crêpes With Smoked Salmon And Chive Spread

- 4 ready-to-use crêpes (produce section)
- ½ c whipped cream cheese
- ¾ tsp freeze-dried chives
- 6 oz smoked salmon

1. **PUT** crêpes on work surface.

2. **MIX** together room-temperature cream cheese and chives in small bowl. Gently spread 2 TBSPs of the mixture over half of each crêpes.

3. **DIVIDE** salmon among crêpes. Fold crêpes in half and fold again into triangles. Garnish with more chives. Serves 4

NUTRITION (per serving) 190 cal, 17 g pro, 6 g carb, 0 g fiber, 3 g sugars, 10 g fat, 4.5 g sat fat, 350 mg sodium

Cheese And Veggie Crêpes



- 4 ready-to-use crêpes (produce section)
- 8 oz sliced mushrooms
- 6 oz bagged baby spinach
- ½ c shredded Swiss blend cheese

1. **HEAT** oven to 350°F. Put crêpes on 2 baking sheets.

2. **SAUTE** mushrooms in large frying pan with a little olive oil over medium heat until most of the liquid has evaporated, 5 to 6 minutes.

3. **STIR** in baby spinach and cook until just wilted, about 1 minute.

4. **SEASON** to taste with salt and pepper and let cool slightly.

5. **PUT** a quarter of the mixture in center of each crêpe. Sprinkle 2 TBSPs cheese over each.

6. **PINCH** gently and fold edges of crêpes around filling (or fold in half to cover filling).

7. **BAKE** until cheese melts, about 5 minutes. Serves 4.

NUTRITION (per serving) 110 cal, 7 g pro, 12 g carb, 3 g fiber, 3 g sugars, 5 g fat, 2.5 g sat fat, 150 mg sodium

PROSCIUTTO, FIG & GORGONZOLA -- Yield: 4 servings (1 folded quarter each)

INGREDIENTS

- 8 slices of prosciutto ham (OR Italian rosemary ham)
- 1 cup of fig preserves
- 1 cup of gorgonzola cheese crumbles (OR shredded Asiago cheese)

PREPARATION

1. Preheat oven to 350 degrees. Lay first crepe on a flat working surface. Spread ¼ cup preserves on the bottom. Layer 2 slices of prosciutto and top with ¼ cup gorgonzola, sprinkled evenly across the top. Fold crepe into quarters. Repeat procedure with remaining crepes.
2. Place crepes on baking sheet and bake until cheese begins to melt. Serve immediately.

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SAUTEED VEGGIE CREPES W/CHEESE SAUCE

Quick, easy, good for you and delicious!

Ingredients

- 2 tbsp of olive oil
- 1 ½ cups of onion, finely chopped
- 1 ½ cups of diced zucchini (or 1 medium)
- 2 cloves of garlic, divided
- 2 cups of sliced white mushrooms
- ½ cup of dry white wine
- ¼ cup of sun-dried tomatoes packed in oil, drained and julienned
- ⅓ cup of grated Parmesan cheese
- 2 tbsp of chopped fresh parsley
- salt and pepper to taste
- 4 crepes
- 1 recipe swiss cheese OR Mornay sauce

PREPARATION

1. First, make crepes, following the easy directions in [How to Make Crepes](#). If you made your crepes ahead of time, wrap them in foil and reheat in a 325-degree oven for about 10 minutes or until warmed.
2. Heat 1 tbsp of oil in a large skillet. Add onion and sprinkle with salt and pepper. Sauté until onions have softened, about 5 minutes. Add eggplant and zucchini. Sauté until eggplant and zucchini are tender, about 5 minutes more.
3. Place eggplant-zucchini-onion-mixture in a bowl and cover to keep warm. Using the same skillet, melt remaining olive oil. Add mushrooms, sprinkle with salt and pepper, and cook until they are golden. Next, add garlic and cook for an additional minute.
4. Deglaze pan with wine. Reduce heat to low and simmer mushrooms in wine until it is nearly absorbed. Add sun-dried tomatoes and cook until softened. Next, add eggplant-zucchini-onion mixture back to skillet and stir until re-heated.
5. **Assemble the crepes:** Lay each crepe flat on the serving dish. Fill with ½ cup of filling and sprinkle with Parmesan cheese. Roll up. Repeat with remaining crepes. Garnish with parsley and serve immediately.

Stuffed Crepes w/ Mushrooms, Ham and Bechamel Sauce

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Ingredients

1. Mushroom Filling

- 1 tablespoon olive oil
- 1 garlic clove, minced
- 1 tablespoon finely chopped fresh Italian parsley
- 1/4 cup dry white wine
- 1/2 pound button mushrooms, sliced

2. Sauce

- 6 tablespoons (3/4 stick) unsalted butter
- 3 tablespoons plus 1 teaspoon unbleached all purpose flour
- 2 2/3 cups milk (do not use low-fat or nonfat)
- 1/4 teaspoon ground nutmeg

3.

- 8 thin 5x3-inch smoked ham slices

4.

- 1 1/2 cups grated Parmesan cheese

Preparation

1. For Filling

1. Place porcini mushrooms in large bowl. Pour 2 cups hot water over; let stand 30 minutes to soften. Using slotted spoons, remove mushrooms from soaking liquid. Discard liquid. Finely chop porcini.
2. Heat oil in heavy large skillet over medium heat. Add garlic and saute 1 minute. Add porcini and parsley and saute 1 minute. Add wine and boil until liquid evaporates, about 2 minutes. Reduce heat to medium-low. Mix in button mushrooms. Cover and cook until tender, stirring occasionally, about 10 minutes. Uncover and simmer until liquid evaporates, about 3 minutes. Season with salt and pepper.

2. For Sauce

1. Melt butter in large saucepan over medium heat. Add flour and stir 3 minutes (do not brown). Gradually whisk in milk. Simmer until sauce thickens, stirring occasionally, about 5 minutes. Stir in nutmeg. Season with salt and pepper. Cool to lukewarm, about 30 minutes.

SWEET FILLINGS

~~~~~*Caramel-Banana Crêpes*~~~~~



INGREDIENTS

- 4 fresh bananas
- 6 Tbsp apricot preserves
- 4 ready-to-use crêpes (produce section)
- 6 Tbsp jarred caramel sauce

1. **PEEL** and slice bananas (about 4 cups).
2. **COMBINE** with apricot preserves in medium nonstick frying pan. Cook over medium-low heat, stirring occasionally, until bananas are warmed through and evenly coated with preserves, about 3 minutes.
3. **PLACE** 1 crepe on each of 4 plates. Put equal amount of banana mixture in center of each crêpe and roll up. Halve crepes crosswise.
4. **WARM** caramel sauce in microwave 20 seconds.
5. **DRIZZLE** 1½ TBSPs sauce over each crêpe. Serves 4.

~~~~~*Banana-Nutella Crepes*~~~~~

In this recipe, crepes become the perfect package for warm, soft bananas and ooey-goey Nutella. Try it once and you'll be hooked for life!

INGREDIENTS

- 4 tbsp of Nutella (chocolate hazelnut spread)
- 2 bananas, sliced on the diagonal, about ½" thick
- 4 crepes
- 1 tbsp of powdered sugar for garnish
- about 1 TBSP butter + 1 tsp canola oil



PREPARATION

1. Heat Nutella in a microwaveable bowl for about 15 seconds or until it softens enough to spread very easily (so as not to tear crepe). Lay first crepe on a flat working surface and spread 1 tbsp of Nutella on the inside of the crepe, within two inches of the edge.
2. Lay 6 pieces of banana on top of the nutella and roll crepe up burrito style. Repeat with remaining crepes.
3. Gently bring butter and oil to a light froth in a frying pan (med/low) and **carefully** place rolled crepes seam-side down in the pan. Cook for about 2 minutes, carefully turn over (USE TONGS) and cook for another minute or two until crepes are browned and just a bit crunchy.
4. Carefully remove from pan, place on paper towels for a few seconds and serve. Drizzle with more Nutella and some toasted nuts if you'd like.

Chocolate Whipped Ricotta-Almond Crepes

INGREDIENTS

- 2 cups fresh ricotta, drained in a cheesecloth-lined strainer set over a bowl for at least 4 hours
- 3 TBSPs powdered sugar
- 2 TBSPs unsweetened Dutch process cocoa powder, such as Valrhona
- 1/2 tsp pure vanilla extract
- 1 ounce bittersweet chocolate, finely grated
- 1/4 cup slivered toasted almonds

PREPARATION

1. For the ricotta filling: Whisk together the ricotta, powdered sugar, cocoa powder and vanilla extract until light and fluffy.
2. Fold in the chocolate and almonds. Cover and refrigerate for at least 1 hour and up to 8 hours.

Crepes Suzette Recipe

Although crepes suzette appears on menus of many five-star restaurants across the world, this orange recipe is simple enough for any home cook to master in the first try!

INGREDIENTS

- 12 dessert crepes
- 4 TBSPs butter
- ¼ cup sugar
- Juice of 6 oranges; zest from one
- Extra whole orange for garnish
- 1 tsp of orange oil (OR extract)

PREPARATION

1. Melt butter in large skillet over medium heat. Stir in the sugar, zest, juice, and liqueur, stirring constantly, reduce sauce to ⅔ cup.
2. Very delicately add each crepe to the pan—one at a time—and coat it in the sauce. (We used a fork rather than a spatula for this.)
3. Fold each one in quarters, and arrange three on each plate, repeating until each crepe has been dipped and plated. You may overlap them or arrange in a circle with a scoop of ice cream in the middle and extra sauce over the top.
4. Scrape up the extra bits of orange zest and add orange slices as your garnish.

Dulce de Leche Crepes Recipe

Dulce de leche, or milk caramel, is the dessert ingredient of choice all over Latin America, and crepes filled with dulce de leche and whipped cream are as common in Uruguay as apple pie is in the United States.

INGREDIENTS

For the dulce de leche

- Two 12-ounce cans condensed milk

For the crepes filling

- 1 cup all-purpose flour
- 1 cup milk
- 1/2 cup water
- 1 large egg
- 1 TBSP butter, melted
- 2 TBSPs sugar
- For the chocolate sauce
- 1 pound semisweet or bittersweet chocolate, coarsely chopped, or 1 pound semisweet or bittersweet chocolate chips
- 1 ½ cups heavy cream
- ½ cup brewed coffee
- For serving
- 2 cups whipped cream, sweetened if desired
- 2 pints vanilla ice cream

DIRECTIONS

Use the canned version of Dulce de Leche available in the Latin foods section of most grocery stores OR Make it:

1. Remove the labels from the cans of condensed milk and submerge them in a large pot filled with water. Bring to a boil over high heat, reduce to a rapid simmer, and simmer for about 4 hours, adding water as needed. Check often to make sure the cans are always covered with water by at least 1 inch; otherwise they could explode. Remove the cans from the water and let them cool.

Make the crepes batter:

2. In a large mixing bowl, mix together the flour, milk, water, egg, and melted butter. Whisk by hand for about 2 minutes. Add the sugar and whisk for about 2 minutes longer. Strain through a fine-mesh sieve into a bowl and let the crepe batter rest for about 20 minutes.

Make the chocolate sauce:

3. Put the chocolate in a microwave-safe bowl and microwave on high for 2 1/2 to 3 minutes, or until softened and shiny. The chocolate will not melt completely. Add the cream and coffee and stir until smooth. Set aside at room temperature.

Make the crepes:

4. Heat two 9-inch nonstick pans over low heat. If you have seasoned 9-inch crepe pans, use them. Spray lightly with vegetable oil spray and ladle 3 TBSPs of the crepe batter into the pans. Tip and roll the pans to spread the batter evenly over the bottom of the pans and cook for about 2 minutes. Using a spatula, flip the crepes and cook for 2 minutes longer, or until lightly browned. Lift the crepes from the pans and stack on a plate. These crepes do not stick to one another. Continue cooking the crepes until you have 16. Expect to throw out the first crepe in each pan; this is typical, as anyone who has made crepes knows. The first one never works, and after it has flopped, the pan is seasoned appropriately so that the rest are perfect.

Assemble the crepes and serve:

5. Open the cans of boiled condensed milk. The milk will be caramel brown and thick—aka *dulce de leche*.

6. Lay the crepes on a work surface. Spread a thick stripe— about 2 TBSPs— of *dulce de leche* (the boiled condensed milk) down the center of each crepe. Top the *dulce de leche* with an equal-sized stripe of whipped cream. Roll the crepes like a cigar and put 2 crepes on each plate.

7. Ladle about 3 TBSPs of chocolate sauce over the crepes and serve with the ice cream.

Mango-Papaya Brown Butter Cinnamon Crepes with Homemade Dulce de Leche Syrup

Recipe courtesy Bobby Flay

Ingredients

- **HOMEMADE DULCE DE LECHE SYRUP:**
- One 14-ounce can sweetened condensed milk
- **CREPES:**
- 12 TBSPs unsalted butter
- 1/4 tsp ground cinnamon, plus more for garnish
- 1 cup all-purpose flour
- 1/4 tsp fine sea salt
- 1 cup milk
- 1/2 cup lukewarm water
- 4 large eggs, lightly beaten
- 1/2 vanilla bean, seeds scraped
- 2 ripe mangoes, peeled, pitted and sliced or diced
- 1 papaya, peeled, pitted and sliced or diced
- 1 cup very cold heavy cream
- 3 TBSPs sour cream
- 1 tsp vanilla extract

Directions

SYRUP: Preheat the oven to 425 degrees F. Scrape the condensed milk into an 8-inch baking dish and cover the top tightly with heavy duty aluminum foil. Place the dish inside a roasting pan and fill the pan with enough water to come halfway up the sides of the baking dish. Bake in the oven until the milk turns a deep golden brown, stirring a few times, about 1 hour 15 minutes. Check after 45 minutes and add more water, if needed, to the roasting pan. Remove the dulce from the oven and let cool, covered, about 15 minutes.

- CREPES:**
1. Melt 6 TBSPs butter in a small saucepan over medium heat until it turns a nutty brown color. Remove from the heat, whisk in the cinnamon and let cool slightly.
 2. Put the flour and salt in a medium bowl. Whisk together the milk, water and eggs until combined. Add the egg mixture to the flour and whisk until just combined. Whisk in 4 TBSPs of the brown butter and reserve the remaining 2 TBSPs for the crepe pan. Cover with plastic wrap and refrigerate for at least 30 minutes and up to 24 hours.
 3. Mash the remaining 6 TBSPs butter and the vanilla seeds with a mortar and pestle. In a saute pan over medium heat, add the vanilla butter, mangoes and papaya and cook until softened and slightly caramelized, 3 to 5 minutes.
 4. Whip the heavy cream, sour cream and vanilla extract in a large bowl until soft peaks form. Cover and keep chilled until ready to use.
 5. Heat an 8-inch or 10-inch nonstick pan over medium heat. Brush with some of the remaining brown butter. Add a scant 1/4 cup of the batter into the pan and swirl the pan to cover the bottom with a very thin coating. If there is excess batter, pour it back into the bowl. Cook until the crepe bubbles and the bottom is lightly browned, about 1 1/2 minutes. Flip the crepe over and cook for about 20 seconds. Slide the crepe onto a plate. Repeat with the remaining batter.
 6. Put a line of fruit down the center of each crepe. Spread a little of the warm dulce de leche on top of the fruit and fold or roll the sides of the crepe over. Top with a dollop of whipped cream and sprinkle with cinnamon.

Chocolate Blintzes with Chocolate Whipped Ricotta-Almond Filling and Warm Cherry Sauce

Recipe courtesy Bobby Flay

Ingredients

- CHOCOLATE WHIPPED RICOTTA-ALMOND FILLING:
 - 2 cups fresh ricotta, drained in a cheesecloth-lined strainer set over a bowl for at least 4 hours
 - 3 TBSPs powdered sugar
 - 2 TBSPs unsweetened Dutch process cocoa powder, such as Valrhona
 - 1/2 tsp pure vanilla extract
 - 1 ounce bittersweet chocolate, finely grated
- 1/4 cup slivered toasted almonds
- BLINTZES:
 - 1/3 cup sugar
 - 2 eggs
 - 2 cups milk
 - 3 TBSPs unsalted butter, melted, plus more for cooking
 - 1 1/2 cups all-purpose flour
 - 1/3 cup unsweetened Dutch process cocoa, such as Valrhona
 - 1/2 tsp sea salt
 - Warm Cherry Sauce, recipe follows
- Powdered sugar
- Fresh mint sprigs
- WARM CHERRY SAUCE:
 - 16 ounce bag frozen unsweetened pitted dark sweet cherries, thawed, drained, juices reserved
 - 1/4 cup kirsch
 - 3 TBSPs sugar
 - 1 TBSP cornstarch
 - 1 tsp fresh lemon juice
 - 1/8 tsp almond extract

Directions

1. For the ricotta filling: Whisk together the ricotta, powdered sugar, cocoa powder and vanilla extract until light and fluffy. Fold in the chocolate and almonds. Cover and refrigerate for at least 1 hour and up to 8 hours.
2. For the blintzes: Whisk together the sugar and eggs until pale. Whisk in the milk and butter. Sift the flour, cocoa powder and salt onto a piece of waxed paper. Add the sifted ingredients to the wet ingredients and whisk until smooth. Cover and refrigerate for at least 1 hour and up to 24 hours.
3. Heat a skillet over medium heat and melt a little butter. Ladle a scant 1/4 cup batter into the skillet. Tilt to swirl the batter so it covers the bottom of the skillet. Cook on one side until small air bubbles form, the top is set and the bottom is golden brown. When done, carefully loosen the edges of the crepe, flip over and cook for 30 seconds longer. Slip out of the skillet onto a plate. Butter the skillet as needed and repeat until all the batter is used.
4. Turn each crepe so the golden brown side is up. Place 3 TBSPs ricotta filling in the middle in a 3 by 2-inch-wide mound. Roll once to cover the filling. Fold the sides into the center and continue rolling until completely closed. Repeat with the remaining crepes. You may have leftover filling; don't overfill.
5. Combine the reserved cherry juice, kirsch and enough cold water to measure one total cup of liquid. Then, whisk together the sugar and cornstarch in a small saucepan until no lumps remain. Gradually whisk in the cherry juice mixture and cook over high heat until the mixture comes to a boil. Add the cherries and continue cooking until the sauce has thickened, stirring occasionally, about 5 minutes, remove from heat and add the lemon juice and almond extract.
6. Serve 2 blintzes per plate. Spoon some of the Warm Cherry Sauce over, sprinkle with powdered sugar and garnish with mint sprigs. Serve hot or warm.