

Crêpes

5	eggs, lightly beaten
325 mL (1 ⅓ cups)	all purpose flour
100 mL (6 tbsp)	melted butter
7 mL (1 ½ tsp)	pure vanilla extract
5 mL (1 tsp)	grated orange rind
2 mL (½ tsp)	grated lemon rind
25 mL (2 tbsp)	sugar (optional)
375 mL (1 ½ cups)	milk



Combine all ingredients except milk. Beat 2-3 minutes until perfectly smooth. Add milk. Mix thoroughly. Let batter stand in refrigerator for at least ½ hour, preferably longer.

Give the batter a quick, gentle stir before cooking.

Heat a 20 - 25 cm (8 - 10 inch) heavy frying pan, or a crêpe pan, over medium-high heat until it is hot enough to make a drop of water sizzle. Melt enough butter to cover the bottom of the pan. Lift the pan off the stove with one hand, and pour in about 50 mL (¼ cup) batter with the other hand. (This works best if the batter is in a pitcher or a measuring cup with a handle and spout.) Tilt and swirl pan so that batter covers the entire bottom of the pan in a smooth layer.

Place the pan on the burner, and cook until the top of the crêpe loses its sheen, and appears dry. Turn and cook for a few seconds.

Add a little more fat to the pan before pouring more batter into the pan, if you need it to prevent sticking. Adjust the heat so that crêpes brown quickly without burning; a medium-high setting works well for me. I find that, with a heavy pan and careful heat regulation, it's seldom necessary to add more fat for subsequent crêpes.

Stack crêpes flat, one on top of another, as they cook, until all are done.

Basic White Sauce

adapted from www.dairygoodness.ca

30 mL (2 tbsp)	butter
45 mL (3 tbsp)	all-purpose flour
500 mL (2 cups)	milk
1/4 tsp (1 mL)	pepper
	pinch of ground nutmeg

Spoon lightly cooked broccoli or other vegetable on crepe, drizzle with basic cream sauce, and roll.

Black Currant Coulis
adapted from www.vegetariantimes.com

500 g (1 lb)	fresh or frozen black currants, stems removed
125 mL (½ cup)	sugar
22 mL (1 ½ tbsp)	lemon juice

Place all ingredients and 500 mL (2 cups) water in medium saucepan, and bring to a boil. Reduce heat to medium, and cook 10 minutes, or until black currants have broken down and sauce is thickened. Press mixture through fine sieve into bowl to remove seeds and skins. Cool.

Spoon over crepes and roll or fold over to serve.

