

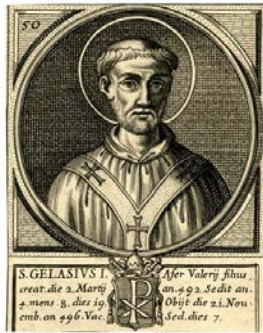
Simple, Nutritious Crêpes for All



Sweet Crêpes: My favorite way to eat them: sprinkle sugar & fresh lemon juice!

History

Crêpes is the first dish my grandfather taught me how to make, and when I was 6 years old I could make them barely supervised! The word itself warms my heart. Crêpes are now made year-round but their very special day is February 2, also known as *Candlemas*, *Imbolc*, of course Groundhog Day.



— *Candlemas* celebrates the purification of the Virgin Mary and the presentation of Jesus at the temple, a ritual that goes back to the Old Testament tradition: *Pidyon Haben*: "Consecrate to me every firstborn: man and beast the first issue of every womb is mine" [Exodus 13-1-2]. The purification of Mary was necessary before she and Joseph could redeem their first born. The Romans also celebrated a purification festival in February called the *Lupercalia*, dedicated to the god Pan and held until 492 AD when pope *Gelassius I* abolished it & replaced it with a procession of participants holding candles to symbolize the light of the divine spirit.

— *Imbolc* — which in old Irish means "in the belly" — celebrates midwinter and the return of the sun. It is traditional for every candle or lamp in the house to be lit for a little while to welcome the return of the Sun. Reverence for the snow is also a part of this celebration.



— *Groundhog day* takes place on the same day as the two above. The first Groundhog Day celebration was held on Feb. 2, 1877, in Punxsutawney, PA. The tradition of using rodents to predict the weather dates back might have been brought to the U.S. by German immigrants & related to the lore that clear weather on the Christian festival of *Candlemas* forebodes a prolonged winter.



"Crêpes" are made all over the world with different flours, different thicknesses, & are known by other names. But however a crêpe is made or called, it often looks like a golden, sun-shaped, dish to celebrate the sun, the earth & the passing of winter!

Bon Appétit!



Recipes & Techniques



Click on image to watch full video or click [here](#)

The video was streamed on the morning of January 1 2020 for the 47th Annual Poetry Project Marathon. You can just follow along –or just watch it for fun!
Recipes for about 4 people.

Savory Crêpes Batter:

2 cups whole wheat flour
4 eggs
2 ½ cups of milk
2 tablespoons cognac
1 tablespoon olive oil
½ teaspoon salt

Sweet Crêpes Batter:

2 cups flour
1/3 cup of sugar
1/2 teaspoon salt
4 eggs
2 1/2 cups of milk
2 tablespoons vanilla extract
1 stick of butter
Optional:
2 tablespoons Grand Marnier, Cointreau, or Rhum



Buckwheat Crêpes & Waffles:

(vegan/no dairy/gluten free)

1 cup un-toasted (raw) buckwheat flour
(we recommend grinding your own flour from buckwheat groats)
1 1/2 cups water
1 pinch sea salt
1 Tbsp avocado or coconut oil (plus a bit more for cooking or use nonstick pan)



Mix dry ingredients. In the center of a bowl make a "well", push dry ingredients on the sides and place the eggs in the center. With a wooden spoon integrate the flour slowly. Work from the inside toward the outside. When the mixture is all smooth start adding & integrating milk slowly. It is important to let the crêpe batter rest for at least 1 hour (2 hours is even better) to let the flour absorb the liquid very thoroughly and permits ingredients to bind together.

Video close-up of crêpe batter making [here](#)

1- Use a small (non stick) crêpe pan (10 inches).

2- Melt a stick of butter and pour it in a small bowl. Warm your pan. Brush a small amount of butter all around the pan (do not ever let butter become black). You will brush the pan before making each crêpe.

3- Hold the pan slightly tilted and with a small ladle pour about 4 tablespoons of batter on the high side. Quickly tilt the pan the other way: you want the batter to coat the entire bottom of the pan before thickening. You will learn this wrist movement called "le tour de main". The thinner the coating will be the better the crêpes. At this point, if you feel that your batter is too thick you can add a little milk or a little water. Mix the batter gently but frequently. The first two or three crêpes are never perfect, the pans, and you, need to get "in the mood". So do not panic! But keep in mind that the delicacy of the crêpes is due to their extreme thinness.

4- Cook the crêpes at medium heat for about 50 seconds (this time is very approximate, you will have to judge for yourself). Turn the crêpe over with a spatula (a thin wooden one or a silicone one, especially if you have non stick pan), or, if you feel more accomplished bang the pan a few times and flip the crêpe. This (second) side will cook faster. Stack your crêpes on a plate, over a double boiler if you want to keep them warm.

Fillings for savory crêpes:

Crêpes stuffed with Roquefort, Mushrooms & Spinach with Béchamel sauce.

(a.k.a. white sauce)

Bechamel:

3 tablespoons of butter

5 tablespoons of flour

2 cups of milk

Melt 3 tablespoons of butter over low heat in a heavy saucepan.

Add 5 tablespoons of flour, move away from heat and stir briskly until smooth.

Add 2 cups of milk, put back on the stove, stir continually with a wire whisk to prevent lumps.

At this point you have your basic sauce that you can use for many other recipes. If you added a little nutmeg, salt and pepper and poured it over steamed cauliflower, topped it with cheese and broiled it until golden, you'd have a "choux-fleur au gratin". It can also be your base for delicious creamy mac & cheese.

Today we will be using the béchamel as the "binder" for the stuffing in the savory crêpes.

Filling

1 lb mushrooms sliced
 2 bunches of spinach
 3 tablespoons of Roquefort cheese (or other cheeses)
 1 crushed clove of garlic.
 salt, pepper, nutmeg to your taste.



Sauté the mushrooms until soft and until all moisture has evaporated. Keep them aside.
 Sauté the spinach until soft and until all moisture has evaporated; towards the end add the mushrooms and the garlic to the spinach.
 Place in a bowl, add salt, pepper, nutmeg.
 Add crumbled Roquefort into your béchamel, put it back on a medium heat burner to get the cheese to dissolve, stirring constantly.
 Transfer into the bowl with mushroom and spinach mixture, gently fold all together, taste to adjust salt and pepper. Take your savory crêpes, put some mixture in, roll them gently and place on a platter.

Crêpes à la Saucisse et aux Poivrons.

1 lb sausage meat
 2 thinly sliced onions
 1 green, 1 red pepper thinly sliced.
 Warm up a pan with some olive oil. Sauté the meat thoroughly, set aside. Sauté the onions and the peppers until caramelized. Mix both and add salt, freshly ground pepper. Put some of this mixture into the savory crêpes, roll and serve with a duxelles de champignons.

Duxelles de Champignons

1/2 lb mushrooms chopped very small.
 2 shallots also chopped very fine
 1 tablespoon of butter
 1/2 cup white wine

Gently melt the butter in sauté pan. Add mushrooms and shallots and sauté gently until all liquid has evaporated. Add 1/2 cup white wine and let evaporate again. Add salt & pepper to taste & the basic Duxelles is ready. For your crêpes I would recommend to add some crème fraîche into the mixture, cook gently until the consistency is satisfactory and serve as the sauce of your sausage and green and red pepper crêpes.

Questions?

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Other Resources:

VOILÀ! LIVE COOKING VIDEOS
 19 live recordings during the pandemic
 click [here](#)