



For those of you who think anything other than lemon juice and sugar is exotic, take a walk of the fusion side.....

For the Crêpes

Ingredients

100g (4 oz) plain flour
225g (8 fl oz) semi skimmed milk
1 egg
pinch salt

Method

- (1) In a medium mixing bowl, whisk together the flour, milk, egg and salt.
- (2) Heat a large frying pan or wok over medium high heat. When the pan is hot, add a knob of butter and lightly coat the surface of the pan with the melted butter.
- (3) Pour 4 tablespoons (60ml) of the batter into the pan and tilt the pan with a circular motion so that the batter coats the surface in a smooth and even layer.
- (4) After two minutes, lift up an edge of the crêpe with a spatula to see if it is browning. When the underside has begun to brown, flip the crêpe and cook the other side until it is also brown; about 2 minutes.
- (5) Repeat steps 3 and 4 to cook the remaining crêpes. Serve hot.

For the savoury filling

Ingredients

6 rashers bacon
1 knob unsalted butter
1 (200g) punnet mushrooms, sliced
50g unsalted butter
4 tablespoons plain flour
225ml milk
2 tablespoons of capers, drained
1 tablespoon chopped fresh parsley
2 tablespoons grated Parmesan cheese
salt and pepper to taste
175ml chicken stock
2 eggs
120ml lemon juice
salt and pepper to taste

Method

- (1) Prepare Crepe recipe according to recipe directions. Separate with greaseproof paper and keep warm until ready to serve.
- (2) Place bacon in a large, deep frying pan. Cook over medium-high heat until evenly brown. Drain, dice and set aside. Reserve about 1 tablespoon dripping, add a knob of butter, and saute mushrooms.
- (3) In a separate saucepan, melt 50g butter over medium heat. Whisk in 4 tablespoons flour, stirring constantly, until a smooth paste is formed. Gradually stir in 225ml milk, stirring constantly until a smooth thick sauce is formed. Add bacon, mushrooms, capers, parsley, Parmesan cheese, salt and pepper. Let cook until somewhat thick, about 10 minutes.
- (4) In a saucepan, bring stock to the boil. In a small bowl, whisk together eggs and lemon juice. Temper eggs and stock together whisking constantly so as to cook, but not to scramble the eggs. Again, add salt and pepper to taste.
- (5) Fill each crepe with spinach and meat filling, fold over, and top with warm egg lemon sauce.
- (6) Dress with a little salad if you wish.