

BREAKFAST CREPES

MISE EN PLACE WINNER - MIDDLE SCHOOL

TEAM: THE STARRY KNIVES

LAKE CHAMPLAIN WALDORF SCHOOL

filled with eggs, spinach and cheddar

ingredients

9 eggs, divided

1 cup milk + 1/4 cup for filling

3 T. unsalted butter + 2 T. for filling

1/4 t. salt

1/2 cup whole wheat flour

4 T. unsalted butter, divided

2 small onions, chopped

3 cups spinach

6 oz. cheddar cheese, grated

dash tabasco sauce

balsamic reduction, optional

preparation instructions

Crepes: Sift the flour into a 2 quart measuring cup. Mix the milk, 5 eggs, butter, and salt together. Add liquid ingredients to flour, mixing with immersion blender until well combined, about 1 minute. Cover loosely with plastic wrap; let stand for at least 40 minutes to 1 hour at room temperature.

Brush butter on the bottom of a crepe pan or heavy 7-inch skillet. Set pan over moderate heat for about 30 seconds or until a drop of batter sizzles. Stir the batter well, pour 2 T. into the skillet, and quickly tip it back and forth so that the batter evenly coats the bottom. Cook until the crepe edges are golden brown, about 1 minute. Slide a spatula under the crepe, flip it over, and cook for about 30 seconds. Transfer to a warm plate.

Filling:

1. Cook onion in 2 T. butter for 5 minutes, adding a sprinkle of salt.
2. While onion is cooking, beat 4 eggs together with 1/4 cup milk and tabasco sauce, set aside.
3. Heat remaining 2 T. butter and add eggs stirring constantly, then add spinach to pan and continue to cook until eggs are set and spinach is wilted.
4. Add grated cheese to egg mixture to melt.
5. Place filling in crepe and roll or fold decoratively. Garnish with fresh spinach and a drizzle of balsamic reduction.

local ingredients

eggs from Shadow Cross Farm, Colchester

flour from Nitty Gritty Grains, Charlotte

cheddar cheese from Shelburne Farms, Shelburne

onion from Full Moon Farm, Hinesburg

milk from Monument Farms, Weybridge