

Dessert Crepes with Apple Filling

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Basic Dessert Crepes:

Making crepes takes a little practice, but it's easy to learn. There's an old saying, "you always have to throw out the first pancake," and this applies to crepes as well. The first one usually sticks, and after that, the pan is fine (as long as you remember to add more butter with each crepe). Be sure to have your filling ready if you are going to serve them as they are prepared.

You can also flavor these crepes with any natural flavorings (such as almond or orange) or any liquor (such as brandy, amaretto, or grand marnier).

Makes 16-20 crepes

1 cup flour
1/8 tsp. salt
1-1/4 cups milk
3 eggs
1 tsp. vanilla
1/4 cup melted butter
1 tsp sweetener (can use any sweetener you prefer)

1. Sift the flour into a bowl. Make a well in the center of the flour. Add the salt and half of the milk (5/8 cup is the mark on the measuring cup between 1/2 and 3/4) and whisk to make a smooth batter.
2. Whisk in the eggs. Be careful to not over beat the batter.
3. Stir in the remaining milk, vanilla, melted butter and sweetener.
4. Cover and let the batter rest for at least 1 to 2 hours. Just before cooking, stir the batter and add more milk if necessary, so that the batter is the consistency of thin cream.
5. Heat an 8- to 10-inch pan to medium heat and melt about a teaspoon of butter in it. Brush the butter around with a pastry brush, or swirl the pan around so the entire surface is covered. *You may also use a small amount of pan spray.*
6. Fill a 1/4 cup measuring cup with batter and pour it into the skillet. *Immediately* pick up the pan and tilt and swirl it so that the batter covers the entire bottom of the pan.
7. Right away, begin to loosen the edges of the crepe with a metal spatula. Use the spatula to turn the crepe or turn it with your fingers (using both hands, pick up the loosened edges with your thumb and forefinger and quickly flip it over).
8. Cook the crepe the other side until lightly golden (usually less than a minute) and slide it out onto a plate. Cover with parchment paper. Repeat with the remaining batter.
9. Fill with your choice of filling serve.

To store: Crepes can be kept tightly wrapped for up to 3 days in the refrigerator. They can also be frozen (be sure to bring them to room temperature before using).

To reheat: Crepes may be reheated. Reheat in foil in a 325 degree oven for 15-20 minutes OR heat a skillet and brush with a little butter and heat the crepes gently on both sides.

Apple Filling

For 16-20 servings

2 lbs. apples, peeled and sliced
1 oz. butter
3 oz. sugar
2 oz. cold water
1 oz. cornstarch
3 ½ oz. sugar
¼ tsp. cinnamon
2 tsp. lemon juice

1. Sauté the apples slightly in the first quantity of butter until they are softened. Add the first quantity of sugar as the apples cook. This will draw the juices out of the apples, which will then simmer in these juices.
2. Mix the cold water and the cornstarch until smooth. Add the starch mixture to the apples and boil until the liquid is thick and clear.
3. Remove from the heat, add the remaining ingredients. Stir gently until the sugar is dissolved and butter is melted.
4. Fill the crepes to your heart's content!