

# Crepes

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If you have really receptive guests, you can have the crepes all prepared and placed on buffet table with several different fillings available. Then, each guest can prepare his or her own snack in the way preferred.

Crepes are also good for making vegetable dishes. For instance, broccoli or asparagus spears can be placed inside a crepe topped with Cheddar cheese and baked until prepared.

The list is endless. And, one thing Lettie Schadler points out is that when you are dreaming up all the possibilities for this food, you should remember that crepes were traditionally used as a way to make "a little food seem like a lot." So, they are a great way to use up leftovers economically.

### RECIPE

The basic types of crepe recipes follow.

#### Classic French Crepes

- 2 whole eggs
- 2 egg yolks
- 1-1/4 cups milk
- 1 cup flour
- 1/2 teaspoon salt
- 2 tablespoons butter

#### Dessert Crepes

- 2 whole eggs
- 2 yolks
- 1-1/2 cups milk
- 1 cup flour
- 2 tablespoons sugar
- 1/2 teaspoon salt
- 2 tablespoons butter
- 2 tablespoons brandy or liqueur

#### Fines Herbes Crepes

- 2 whole eggs
- 2 yolks
- 1 cup milk
- 1-1/4 cup flour
- 1/2 teaspoon salt
- 2 tablespoon butter
- 1 teaspoon parsley, chives, and basil

#### Frittatine (Italian)

#### Main Course Type

- 1 egg
- 1 yolk
- 1/2 cup water
- 1/2 cup milk
- 1 cup flour
- 1/2 teaspoon salt
- 2 tablespoons olive oil
- Chinese (for egg rolls)
- 2 eggs
- 2 cups water
- 1 cup flour
- 2 tablespoons cornstarch
- 1/2 teaspoon salt
- Blintzes
- (Main course or dessert)
- 2-eggs

- 1-1/2 cups milk
- 1 cup flour
- 1/2 teaspoons salt
- 2 tablespoons butter

**General Directions**  
After heating a well-seasoned, greased pan so that a drop of water "bounces," pour a small amount (about two tablespoons for most pans) into the center of the pan. Tilt the pan rapidly so to spread a thin layer of batter over the bottom of the pan. Patch holes which develop with a rubber scraper dipped in batter. Let cook for 30 - 60 seconds or until crepe comes away from the pan and is browned to your taste. Sometimes you will want to turn the crepe to lightly brown the other side for 15 - 20 seconds. Other times you may not need to brown the second side.

Slide crepe onto a paper-towel-covered surface. Replace pan on unit and wipe pan with buttered paper or pastry brush dipped in butter.

Stack crepes between pieces of waxed paper up to three days in the refrigerator. To thaw, place package in preheated 300 degree F. oven for 10 minutes.

### FILLINGS

Some basic fillings are:

- Cannelloni Casa Grande
- 1 1/2 pounds ricotta cheese
- 1/2 pound shredded Mozzarella cheese

- 3 egg yolks
- Salt and pepper
- 1 pound jar spaghetti sauce
- 1/4 cup grated Parmesan cheese

Prepare Italian Crepes (Frittatine) browned on both sides. Mix ricotta, mozzarella, egg yolks, salt and pepper. Divide among 16 crepes. Place filling in center of crepe and roll up. Place in baking dish - seam down. Cover with sauce and Parmesan cheese. Bake for 10 to 15 minutes at 400 degrees or until heated through and topping is browned. Makes 16.

- Spring Rolls with Shrimp and Bean Sprouts
- 1/2 pound cooked shrimp, cleaned, chopped
- 1 tablespoon sherry
- 1 can bean sprouts, rinsed and drained

- 2 tablespoons oil
- 1 tablespoon soy sauce
- 1/2 teaspoon sugar
- Salt and Pepper
- Cornstarch - water paste
- Oil to deep-fry

Make Chinese crepes. Brown only one side. Marinate shrimp with sherry 10 minutes. Heat oil. Toss bean sprouts, shrimp and sherry for a minute. Add soy sauce, sugar, salt and pepper. Heat through. Spoon onto browned side of crepe on lower half. Fold bottom over filling. Fold over sides like an envelope. Roll up. Seal seam with cornstarch mixed with small amount of water to make a paste. Fry at 375 degrees in hot fat until crisp and brown. Makes about 20 crepes.

### Monte Cristo Crepe Sandwiches

Make fines herbes crepes. Thin sliced turkey or chicken roll (slices of each for each crepe)

Thin sliced boiled or baked ham

Thin sliced Swiss cheese

Dijon-style mustard

3 beaten eggs

Make fine herbes crepes. Brown on one side only. Spread the crepes with mustard on the browned side. Top with chicken, ham and cheese. Roll up jelly roll fashion. Dip in beaten egg and brown in hot butter till brown.

NOTE: The thinner the slices, the easier this is to do

## Meat production may hit record 39 billion pounds

WASHINGTON, D. C. - Last year, 1975, U.S. commercial beef production was the highest on record. Veal production was the highest in a decade. Pork production was down sharply - the lowest since 1966. Lamb and mutton production continued their downward trend. As a result, over-all commercial red meat output was off from a year earlier, more than a billion pounds below 1971's record 37.4 billion pound total.

Things are a bit different this year.

Beef output continues at a record pace, veal output is up slightly, and pork production is on the increase. Only mutton and lamb production are down, according to USDA figures published last month.

If present trends continue, total red meat production for 1976 will have hit an all-time record high of 39 billion pounds.

and the neater the sandwiches will look.

For further information, Lettie suggests reading one or both of two books. They are Women's Day Crepe Cookbook by Sylvia Schur, and Crepe Cookery, by Mable Hoffman.

Meanwhile, U.S. imports of both cattle and hogs continue up. August cattle imports, at 23,893 head, were nearly five times the Aug. 1975 total. Hog imports for the month totaled 5,238 head, double that of a year earlier.

The Jan.-Aug. totals: Cattle imports, at 521,968 head - four times that of a year earlier. Hog imports, at 32,920 - more than double that of a year earlier.



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