

HAM AND ASPARAGUS CRÊPES

Ingredients

Savory crêpes

- 1 cup of milk
- 1 cup of hot chicken stock
- 2 eggs
- 4 tablespoons of butter, melted
- 2 cups of all-purpose flour
- 1 tablespoon of parsley, chopped
- 1 tablespoon of chives, minced
- 1 tablespoon of dill, minced
- ½ teaspoon of salt
- ¼ teaspoon de ground pepper

Sauce Béchamel

- 2 tablespoons of butter
- 2 tablespoons of all-purpose flour
- 1 cup of hot chicken stock
- ½ teaspoon of salt
- ¼ teaspoon de ground pepper

- 1 pound of asparagus, steamed and split lengthwise
- ½ pound of ham, thinly sliced
- ½ cup of grated cheese
- ½ cup of crème fraîche¹

Crêpes: Whisk the liquid ingredients (milk, stock, eggs, melted butter). Sift the flour with the salt, and incorporate this mixture little by little into the liquid mixture. Add the herbes, salt, and pepper. Mix well. Put the batter in the refrigerator for an hour.

White Sauce: Melt the butter in a saucepan. Add the flour all at once and stir until the mixture pulls away from the side of the pan. Add the stock, and whip until it thickens. Remove from heat. Salt and pepper. While the sauce is still hot, add the cheese, and mix gently.

Assembly: Heat a well-greased pan over high heat. Pour in a ladleful of batter, and turn to cover the bottom of the pan. When the edges of the crêpe begin to brown (about 1 mn), turn it and let it cook on the other side another 30-45 seconds. Slide onto a plate. Place several pieces of ham and asparagus in the center of the crêpe. Add 1-2 spoonfuls of white sauce. Roll the crêpe, folding the edges in to keep the filling from coming out. Place them in an over-proof pan and cover with the rest of the white sauce. Sprinkle with grated cheese. Bake in a 350° F. oven for 20 minutes. Serve while hot. Serves 4-6 people.

ACTIVITÉS

1. Imagine other fillings you could put in savory crêpes. =
2. Which meat or seafood could you substitute for ham?
3. Imagine desserts that you could make by filling crêpes? How would you have to change the crêpe recipe?
4. What different types of herbes can you find in your local grocery store? Look up the French names for them on line.
5. Look for a recipe for «galettes bretonnes». How is it different from this one?

Notes

¹ Fleur de sel is a luxury product harvested from salt ponds. Among the most famous brands are Fleur de sel de Guérande and that from the Camargue. The first salt crystals which float with the evaporation of the sea water are harvested with a sort of wooden scoop in late afternoon et, according to tradition, by women. Only 3-5 kg of fleur de sel are produced per pond, which explains its high cost. Fleur de sel has lighter and more complex flavor than regular salt. If you substitute regular salt, use only half the amount, that is one large pinch.