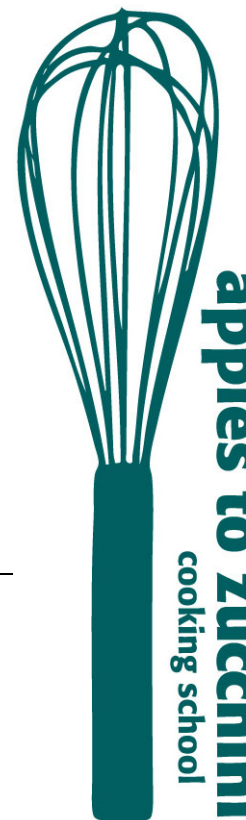


Princess Crepes & the Perfect Scrambled Egg

Chef Di: Wednesday 1-3

Class # 4



SKILLS LEARNED

Cracking eggs
Measuring skills
Making Crepes
Making Fruit sauce

EQUIPMENT

Cutting board
Knives
Crepe Pan
Whisk

Princess Crepes: Makes about 12 crepes

1 cup all-purpose flour
1 tablespoon sugar
¼ teaspoon salt
1 1/3 cups milk (Use whole milk or 2% milk)
1 tablespoon vanilla
3 eggs
3 tablespoon unsalted butter melted

Recipe:

1. In a large bowl combine, the flour sugar and salt.
2. In a large measuring cup, combine the milk, vanilla, eggs, and melted butter. Mix with a fork to break up the eggs.
3. While whisking rapidly, slowly pour the milk and egg mixture into the dry ingredients. Whisk until very well combined. I keep the whisk in the bowl and continue to mix the batter occasionally as I make the crepes.
4. Heat an 8" non-stick skillet to medium heat. Pour ¼ cup of batter into pan and tilt pan so that batter covers pan in a thin layer. Cook until the edges start to lightly brown, about 30 seconds to 1 minute. Flip over and cook for a few more seconds until done. Then roll them up in the pan. Keep the crepes covered with aluminum foil until they are ready to serve.
5. I serve them with raspberry sauce and powdered sugar. My girls call the powdered sugar "snow."

Blueberry Sauce

2 cups blueberries
¼ cup sugar
1 Tablespoon lemon juice
Bring all ingredients to boil, let cool and serve

Perfect Scrambled Eggs

12 organic eggs

¼ cup cream

¼ cup unsalted butter

Crack eggs into bowl, add cream and gently scramble. On low heat, add butter to sauté pan, and let melt. Pour in egg mixture, gently fold until eggs are cooked