

... everyday to gourmet ...

Delicious bits and bites from 'BEYOND' THE KITCHEN DOOR

sweet & savory  
 crepes

A specialty of France, crepes are light, thin pancakes that are wrapped around sweet or savory fillings. Crepes take well to a host of fillings, from ham and cheese to apples with caramel sauce. And they are extremely versatile.

Savory crepes are perfect for brunch, lunch or even a light supper, paired with a bowl of soup or a tossed green salad. Sweet crepes make a wonderful finale to any occasion.

... tasty crepe tips ...

Before cooking crepes, it's very important to let the batter rest for at least one hour (can be up to eight hours) in the refrigerator. As the batter chills, the flour expands and absorbs the liquid, which ensures the finished crepes will be tender.

Crepe batters are usually very thin.

Stack the cooked crepes between sheets of parchment paper, wrap and refrigerate for up to three days or freeze for up to two months.

Use unsalted or clarified butter to cook crepes; they will be less likely to stick.

**BONNIE STERN:** "It takes a few crepes to get the heat of the pan right; your first one or two will almost inevitably be unusable. These I eat then try again".

Once the pan is working, spoon about 1/4 cup of batter into the pan. Swirl around to cover the bottom and a little way up the sides, then pour the extra batter back into the bowl.

Cook the first side until it browns, then run a thin spatula around the edge and flip the crepe. Cook the second side just a little - it will never be as pretty as the first.

Put the filling on the second side of the crepe so that the nice side shows on the serving plate.

GREENPAN -Thermolon™ - Non-Stick Technology



- Patented Thermolon™ non-stick coating
- Easy to clean surface
- PFOC and PTFE free
- Releases no toxic fumes, even above 500°F
- Suitable for induction cook tops
- Oven safe to 850°F

GREENPAN™ - CREPEPAN

the versatile basic crepe

- 1 cup all purpose flour
- 3 Tbsp melted butter
- 1 Tbsp granulated sugar
- 1 1/4 cups milk
- 3 eggs
- 1/4 tsp salt

In blender, combine eggs, milk, 2 Tbsp butter, flour, sugar and salt; blend 1 minute until smooth. Alternately, in mixing bowl, beat eggs with milk and butter, blend in dry ingredients until smooth. Strain, cover and refrigerate at least 1 hour. Stir before cooking.

Heat the **GREENPAN** CrepePan over medium heat; brush lightly with some of the remaining butter. Pour scant 1/4 cup batter into center of CrepePan swirling to coat; cook until the crepe is golden underneath, 1 to 2 minutes. Using a thin off-set spatula, flip crepe and cook second side for about 30 seconds to 1 minute. Transfer to a plate and cover. Repeat with the remaining batter.

Makes 8 to 12 crepes.

ham, brie & asparagus - savoury crepe



THE COMPLETE CANADIAN LIVING COOKBOOK

**Filling:** In large saucepan of boiling water, cook 36 asparagus spears; drain on towels. Slice 8 oz **Natural Pastures Comox Brie** into 12 slices. Arrange 1 slice shaved Black Forest ham (total of 6 ounces) in center of each crepe; place 3 cooked asparagus spears on each. Top with Brie slice; roll up. Place in a greased 13 x 9 baking dish. Brush with 2 Tbsp butter, melted. Cover

and bake in 350°F oven for 12 to 15 minutes or until heated through. Sprinkle with 2 Tbsp chopped fresh chives. Makes 6 servings, 2 crepes each.

cuisinart®  
 MADE FOR HOME

The Cuisinart® BLENDER handles a wide range of blending tasks with ease - from smoothies and crushing ice to pureeing and blending the delicate crepe batter. You can double or triple your recipes in the large capacity glass blender jar.



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274B 5th Street Courtenay BC  
PH 338-4404 FAX 334-9906  
www.beyondthekitchendoor.com

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## monsoon coast

### railway chai



The ritual of chai-making will become a welcome respite in your day as you enjoy the subtle flavour of a perfect cup of chai from **MONSOON COAST**. Their package contains the Railway Chai spice mix and the Assam black tea - everything you need to make an authentic tasting Indian chai.

### monsoon coast railway chai

**Brewing Instructions - for 3 large or 4 small cups**

To release the flavour slightly crush 4 rounded tsp of Railway Chai. Place the crushed mixture into a saucepan with 3 cups of "just boiled water".

Gently simmer 10-15 minutes; shorter for a delicate flavour; longer for a more robust cup. Add to the saucepan 4 tsp of Assam (or other black tea); turn off heat and steep for 5-7 minutes depending on desired strength of chai.

In the meantime heat to steaming (not boiling) 1 cup whole or soy milk. Strain tea mixture into the steaming hot milk; sweetening with a little sugar or honey to taste.

\* A little sweetness enhances the spices and rounds out the flavour of a cup of chai.



### enjoying tea time

**LE CREUSET tea kettle** promises many warm and reviving cups of chai.



### Chocolate Lovers Waffles

#### FABULOUS FARIHOLME

2 cups all-purpose flour  
1 Tbsp baking powder  
2 eggs, beaten  
2 cups milk  
1/4 cup cocoa powder

1 Tbsp sugar  
dash salt  
1/4 cup melted butter  
2 tsp pure vanilla extract

Preheat waffle iron & grease lightly with cooking spray. Sift together flour, cocoa powder, sugar, baking powder and salt into large bowl.

Add wet ingredients into dry and gently fold together until just moistened. Do not overwork. Pour batter into preheated waffle iron and cook until steam stops.

These waffles look scrumptious on a plate served with freshly whipped cream and fresh berries.

**Perfect for a relaxing brunch with family and friends!**

### be a waffle pro with the CHEF'S CHOICE waffle iron

In as little as 90 seconds you'll be preparing the most delicious waffles, effortlessly!

The unique **Chef's Choice** cooking system lets you select your ideal flavour, texture and colour.



### the finishing touch ...

### KAYER'S whip cream dispenser

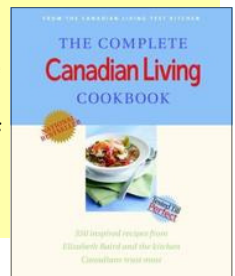
**What a topper!** Indulge yourself and your family with freshly whipped cream, the perfect topping for crepes, waffles & pancakes. For a special treat flavour the cream with your favourite **NIELSEN-MASSEY** extracts from pure chocolate and almond to orange and lemon.



### strawberries romanoff

3 cup sliced strawberries      2 tsp sugar  
2 Tbsp orange juice concentrate or orange liqueur  
1/2 cup whipped cream      1 Tbsp icing sugar

In bowl, stir together strawberries, orange concentrate and sugar; let stand 10 minutes. In separate bowl, whip cream. Spoon strawberry mixture down center of each crepe; top with some of the whipped cream. Roll up and sprinkle with icing sugar



### poachpod

**poach it, bake it, mold it, serve it ....**

The **poachpod** is a flexible silicon gadget that allows you to float and poach an egg in boiling water. Dishwasher safe.

**Cooks Illustrated says the poachpod "makes poaching an egg a breeze".**

**METHOD:** Put about 2-inches of water into a pan, bring to a boil, then reduce to a simmer. To poach an egg, lightly oil or butter the pods; break one egg into each pod, place in the pan so it floats like a lily pad on a pond. Cover pan with a lid and cook for approximately 4-6 minutes according to taste. When the egg is ready, remove the pod; flip inside out and gently push the perfectly domed-shaped egg out. Theresa finds using a spoon to loosen and remove the egg also works well.