



## For the Love of Good Food

### Sweet Crepes/Pancakes

In Europe, in the past, the night before the pre-Easter fast of Lent, people would use up rich dairy products that were forbidden until the Easter celebration by making 'pancakes' or crepes, but you don't have to wait for such excuses to make these delicious desserts. Crepes can also have savory fillings. In France such pancakes are called galettes and are made from buckwheat flour rather than wheat.

#### Ingredients for basic pancakes with Sugar & Lemon (makes 12)

<i>½ oz butter</i>	<i>2 eggs</i>
<i>4 oz plain flour</i>	<i>1 tbsp fine sugar</i>
<i>½ cup milk</i>	<i>juice 2 lemons</i>

1. Melt the butter and brown slightly. Leave to cool.
2. Sieve the flour into a bowl and gradually add and stir in milk to make lump-free paste. Add eggs and sugar to make a smooth batter. Stir in the nut-brown butter and leave to stand for 20 minutes before using. (Allows the gluten to develop.)
3. Heat a 7 inch non-stick skillet. Pour enough batter into the heated pan to coat the bottom, tilting the pan until even. Allow 30 seconds to brown on underside, turn over and cook briefly until lightly colored.
4. Stack them in a warm oven, interleaved with waxed paper. Or put them into a freezer bag and keep in the refrigerator until needed. They will keep a few days like this.
5. To serve, warm them through and sprinkle with sugar and lemon, or preserve and whipped cream

#### Ingredients for Rolled Pancakes with Almond & Orange Filling (makes 8)

<i>8 ready made basic pancakes</i>	<i>2 drops almond essence</i>
<i>Filling: 3 oz softened butter</i>	<i>Finely grated zest &amp; juice of 1 orange</i>
<i>3 oz fine sugar</i>	<i>To finish:</i>
<i>2 eggs beaten</i>	<i>1 oz butter</i>
<i>4 oz ground almonds</i>	<i>2 oz flaked almonds</i>

1. Preheat the oven to 375F.
2. Blend butter and sugar together until pale. Add eggs a little at a time, followed by ground almonds, almond essence and orange zest, and beat until thoroughly combined. Divide the filling among the pancakes and rollup into cigar shapes.
3. Lightly butter an ovenproof dish and arrange the pancakes neatly in the bottom. (They will keep overnight in the refrigerator at this point).
4. To finish the pancakes, cover the dish with foil and bake in the oven for 25-30 minutes.
5. Meanwhile, melt the butter in a skillet and brown the flaked almonds evenly. Add the orange juice and pour the mixture over the pancakes when they are ready.
6. Serve with softly whipped cream.

For a light, but romantic Valentine dinner, make some savory pancakes filled with sautéed chicken strips and vegetables, then follow with almond crepes and plenty of champagne.