

**Name of recipe: Spinach & Mushroom crepes**

**Author: VALENTINA AGUANCHA**  
**Student II D**

**Make sure you have everything you need and place them on your kitchen counter. This is called "mise en place" (in French) to make sure all the ingredients are available at home and you are not disappointed later if you are half way and you are lacking something. Enjoy!**



**Ingredients:**

**For the crepes:**

1. 1 ½ cup plain flour
2. ½ tsp salt
3. ½ cup cooked spinach
4. ½ cup water
5. ¾ cup milk
6. 1 tbsp oil
7. 3 eggs

**For the filling:**

1. 1 ½ cups of shredded chicken breasts (you may use turkey, salmon or ham instead)
2. 2 cups water
3. 1 clove of garlic.
4. ½ tsp salt
5. 3 green onions ( or ½ cup of white or red onion)
6. 1 cup wholecream
7. 1tin laminated mushrooms (or the equivalent fresh sautéed mushrooms)
8. 1 tbsp oil

**Optional (vegetarian)**

You may fill with corn, mushrooms, white sauce or creamcheese

**Preparation:**

**The crepes:**

1. Mix all ingredients in the liquidizer
2. Measure 1 coffee-cup of the batter and pour onto slightly oiled hot frying pan (they cook very quickly)

**The filling:**

1. Cook the chicken in water and salt + 1 clove of garlic. Once cold, shred and reserve.
2. Sautee the mushrooms and green onions in oil.
3. Add the chicken and the cream.
4. Check the salt and add pepper to taste.
5. Fill the crepes and serve.

**Cooking time: 25 minutes**