



**COOKING CLASSES**  
AT SUR LA TABLE

**FOCUS SERIES**  
**FRENCH CRÊPES**

WITH SUR LA TABLE CHEF

**MENU:**  
**CLASSIC CRÊPES**  
**BUCKWHEAT CRÊPES WITH HAM AND GRUYERE**  
**CRÊPES AU CITRON ET SUCRE**

# Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet.

## Proteins

- ☐ 8 slices French ham

## Produce

- ☐ 2 lemons

## Dairy

- ☐ 1 dozen large eggs
- ☐ 3 cups whole milk
- ☐ 5 tablespoons unsalted butter
- ☐ 8 slices Gruyere cheese

## Pantry Items

- ☐ Unbleached all-purpose flour
- ☐ Buckwheat flour
- ☐ Kosher salt
- ☐ Granulated sugar
- ☐ Freshly ground black pepper

# Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

## Cutlery

- ☐ Paring knife
- ☐ Cutting board

## Hand Tools/Gadgets

- ☐ Measuring cups and measuring spoons
- ☐ Liquid measuring cup
- ☐ Silicone pastry brush
- ☐ 2 ounce ladle
- ☐ Offset spatula
- ☐ Microplane zester
- ☐ Citrus juicer

## Cookware

- ☐ 9-inch crêpe pan or nonstick skillet
- ☐ Large nonstick skillet

## Appliances

- ☐ Vitamix blender

## Bakeware

- ☐ 2 rimmed baking sheets
- ☐ Silicone baking mat

## Tabletop

- ☐ Serving plates

## Other

- ☐ Parchment paper

## **Pre-Class Mise en Place and Notes**

- Please gather all ingredients prior to class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Feel free to pre-measure ingredients, but it is not necessary.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

### **Buckwheat Crêpes with Ham and Gruyere**

1. Mix crepe batter, refrigerate for at least 30 minutes prior to class.
2. Bring 8 eggs to room temperature.
3. Preheat the oven to 400°F.

### **Crepes au Citron et Sucre**

1. Wash lemons.

## Crêpes

The French took the basic pancake and created paper-thin, tender crêpes that are surprisingly simple to make, especially if you have the right pan. The French crêpe pan is basically a sauté pan with low sides and an easy-to-grasp, long, narrow handle. They are primarily made of blue steel or nonstick aluminum. The pan must conduct, distribute, and retain heat efficiently to turn out perfect crêpes.

The crêpe batter needs to be evenly distributed and completely cover the surface of the pan to ensure a great crêpe. To help spread the batter, you'll need to lift the pan from the burner and rotate it several times. If the pan is not evenly balanced or it is too heavy, this step will be difficult, so it is a good idea to simulate the motion before you purchase any pan. The French crêpe pan comes in a range of sizes. The smaller pans (6 to 8 inches in diameter) are typically used for dessert crêpes, whereas the larger pans (9 to 11 inches) are generally used for dinner recipes.

### Tips for Using

Preheat the pan on low heat. Cook the crêpes on medium-low heat. The batter should begin to set the moment it hits the pan. Adjust the amount of batter to the pan size.

Most pans require only one very light application of butter. Apply softened or melted butter by brushing it onto the warm pan with a silicone brush. Getting the batter to coat the bottom of the hot pan quickly and evenly takes practice. You need to rotate your wrist smoothly so that the batter swirls and flows outward simultaneously.

The first crêpe is never perfect but, even if it tears or needs to be patched, it will still taste good.

Some pans come with *rabot*, a T-shaped wooden tool for spreading the batter. It works best in a large crêpe pan. Some crêpe pan sets include a flat wooden slat with a pointed tip. Use the top to release the set edges of the crêpe, so you can easily lift and turn the crêpe.

### Care in Using

The traditional steel crêpe pan must be seasoned before use. Follow the manufacturer's instructions carefully. Crêpe pans generally need little or no washing. Use a mild soap if necessary, but never use any abrasive detergents. The best pans are cleaned by wiping them with a damp towel and buffing them dry. Never place a crêpe pan in the dishwasher.

### Alternatives

A small, well-seasoned skillet can be used to make small crêpes. For larger crêpes, a large skillet would be too awkward and heavy for swirling the batter.

## CLASSIC CRÊPES

**Yield:** 4 servings

*Crêpe batter is simple and easy to put together, making it a great dinner or dessert solution. After blending the batter, cover and let it sit for at least 30 minutes to allow the flour to fully absorb the liquid. Crêpe batter can be easily flavored with spices, citrus or fresh herbs to create endless flavor combinations.*

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2 large eggs  
1 cup whole milk  
1/3 cup water, plus more as needed  
1 cup unbleached all-purpose flour  
1/2 teaspoon sea salt  
1 teaspoon granulated sugar  
2 tablespoons melted unsalted butter, plus more for crisping crêpes

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- 1. To prepare crêpe batter:** Place eggs, milk, flours, salt, sugar, and 1 tablespoon melted butter in a blender. Blend into a smooth batter with the consistency of heavy cream. Cover and refrigerate for 30 minutes.
2. Heat a 9-inch crêpe pan or high-quality, nonstick skillet over medium-low heat until hot enough for a drop of water to sizzle on contact. Brush the surface of the crêpe pan with a thin film of melted butter using a silicone pastry brush.
3. Gently stir the batter and ladle 1/4 cup into the middle of the pan, tilting the pan quickly in all directions to evenly coat with a thin layer of batter. Cook crêpe until set and the edges turn golden brown, about two minutes. Gently lift the edge of the crêpe with an offset spatula and quickly flip. Cook the second side until the batter is set, another 60 to 90 seconds.
4. Transfer the crêpe to a plate and top with a sheet of parchment paper. Repeat with the remaining batter, brushing the pan with more butter as needed. Stack the crêpes, layered between sheets of parchment, to prevent sticking. You will need at least 8 crêpes for serving.

## BUCKWHEAT CRÊPES WITH HAM AND GRUYERE

**Yield:** 4 servings

*In Brittany, crêpes are made with buckwheat flour and the typical filling is a smear of salted butter, cheese, ham or bacon, and eggs. In most of France, crêpes are rolled or folded into half or quarter circles, but in Brittany, where they are called galettes, they are folded differently. The filling is spread in the center of the crêpe, the four rounded sides are folded in over the filling to form a square, and then the crêpe is transferred to a serving plate.*

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2 large eggs  
2 cups whole milk  
3/4 cup unbleached all-purpose flour  
1/2 cup buckwheat flour  
1/2 teaspoon sea salt  
1 teaspoon granulated sugar  
3 tablespoons melted unsalted butter, divided  
8 slices Gruyère cheese  
8 slices French ham  
8 large eggs  
Freshly ground black pepper

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Preheat oven to 400°F.

**1. To prepare crêpe batter:** Place eggs, milk, flours, salt, sugar, and 1 tablespoon melted butter in a blender. Blend into a smooth batter with the consistency of heavy cream. Cover and refrigerate for 30 minutes.

2. Heat a 9-inch crêpe pan or high-quality, nonstick skillet over medium-low heat until hot enough for a drop of water to sizzle on contact. Brush the surface of the crêpe pan with a thin film of melted butter using a silicone pastry brush.

3. Gently stir the batter and ladle 1/4 cup into the middle of the pan, tilting the pan quickly in all directions to evenly coat with a thin layer of batter. Cook crêpe until set and the edges turn golden brown, about two minutes. Gently lift the edge of the crêpe with an offset spatula and quickly flip. Cook the second side until the batter is set, another 60 to 90 seconds.

4. Transfer the crêpe to a plate and top with a sheet of parchment paper. Repeat with the remaining batter, brushing the pan with more butter as needed. Stack the crêpes, layered between sheets of parchment, to prevent sticking. You will need at least 8 crêpes for serving.

**5. To assemble and cook:** Line 2 rimmed baking sheets with a silicone mat and place 4 crêpes on each. Lay a piece of Gruyère in the center of each crêpe followed by a piece of ham. Repeat with remaining crêpes, cheese, and ham on the second sheet.

6. Heat the remaining butter in large nonstick skillet over medium-high heat. Add the eggs and cook for about 2 minutes, or until barely set. Slide one egg on top of each crêpe. Season the top with salt and pepper. Fold the four sides of the crêpe over the filling to create a square; the egg yolk should be peeking out the top. Transfer crêpes to the oven to melt cheese and warm the crepes through, about 6 minutes. Transfer to warmed plates or a serving platter and serve immediately.



## CRÊPES AU CITRON ET SUCRE

**Yield:** 4 servings

*This lemon and sugar crêpe is one of the simplest sweet crêpe recipes. Adjust the amount of lemon and sugar to your liking.*

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### *Crêpes:*

*2 large eggs*

*1 cup whole milk*

*1/3 cup water, plus more as needed*

*1 cup unbleached all-purpose flour*

*1/2 teaspoon sea salt*

*1 tablespoon granulated sugar*

*2 tablespoons melted unsalted butter, plus more for cooking crêpes*

### *Toppings:*

*Zest and juice of 1 lemon*

*1/4 cup granulated sugar*

*Lemon slices, for garnish (optional)*

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**1. To prepare crêpe batter:** Place eggs, milk, water, flour, salt, sugar, and the 2 tablespoons melted butter in a blender. Blend into a smooth batter with the consistency of heavy cream. If batter is too thick, whisk in additional water, 1 tablespoon at a time. Cover and refrigerate for at least 30 minutes or up to overnight.

**2.** Heat a 9-inch crêpe pan or high-quality, nonstick skillet over medium-low heat until hot enough for a drop of water to sizzle on contact. Brush the surface of the crêpe pan with a thin film of the melted butter using a silicone pastry brush.

**3.** Gently stir the batter and ladle 1/4 cup into the middle of the pan, tilting the pan quickly in all directions to evenly coat with a thin layer of batter. Cook crêpe until the edges turn golden brown, 60 to 90 seconds. Gently lift the edge of the crepe with an offset spatula and quickly flip. Cook the second side until the batter is set, another 30 to 60 seconds.

**4.** Transfer the crêpe to a plate and top with a sheet of parchment paper. Repeat with the remaining batter, brushing the pan with more butter as needed. Stack the crêpes, layered between sheets of parchment, to prevent sticking. You will need at least 8 crêpes for serving.

**5. To assemble:** Place one crêpe on a clean work surface and sprinkle with lemon zest, juice, and sugar. Fold in half and then in half again. Top with additional lemon juice and sugar. Repeat with remaining crêpes and toppings. Transfer to warmed plates or a serving platter and serve immediately with lemon slices, if desired.