

#02 –Fava Crêpes

Yield: 15 crêpes (7½ servings)

Ingredient	Mass	Volume	Method
Heat Treated Fava Flour		2/3 Cup	Step # Step Description
Eggs, lightly beaten		2	1) Put all ingredients into a blender and blend until fully incorporated, about 20 seconds on high speed.
Milk		1 Cup	2) Over high heat, heat an 8" saute pan until hot. Once the pan is hot, reduce the heat to low and grease the pan with non-stick spray. Spoon 30mL of batter into the hot pan, swirling pan to coat evenly over bottom. Once edges start pulling away, flip the crepe onto the other side to finish cooking. About 30 seconds to 1 minute.
Salt		¼ tsp	3) Remove crêpe and set on a plate and cover with dry towel. Repeat with remaining batter.
Butter, melted		2 Tbsp	
<i>Raspberry Filling:</i>			1) Add all ingredients to a mixing bowl. Stir to combine. Allow to sit for at least 30-60 minutes, stirring

		intermittently to allow fruit to marinate in its own juices.
Frozen Raspberries	2 Cups	
Granulated Sugar	½ Cup	
Lemon Zest	½ Lemon	
Vanilla Bean, scraped	½ Bean	
<i>Whipped Cream:</i>		
		1) In a stand mixer fitted with whip attachment, add ingredients and whip on medium high speed until cream thickens and reaches stiff peaks. Cover and refrigerate until required.
35% Cream	1 Cup	
Icing Sugar	¼ Cup	
<i>Chocolate Drizzle:</i>		
		1) Set up double boiler: Fill small sauce pot with about 1" of water. Bring to a low simmer. Place a metal or glass mixing bowl on top of pot of simmering water, making sure the bottom of bowl is not touching the water.

Dark Chocolate Chips ½ Cup	2) Add chocolate to the bowl, and with a rubber spatula, stir the chocolate until fully melted. Turn off heat. Set aside until required use.
	<p>Assembly of Crêpes: Lay one crepe out flat. Spoon 2 heaping tablespoons of raspberry filling into middle. Fold bottom up over halfway, and then fold sides in to create an open-ended package. Put a dollop of whipped cream on the top, and drizzle with melted chocolate.</p>
	<p><i>Chef's Notes: These crêpes are very versatile and would also make for a delicious savory crepe as well as a dessert crepe. Use your imagination for fillings such as cheese, vegetables, different fruits, etc. Have fun with these!</i></p>