

APPLE-FILLED CREPES

Cooking Principle - Fruit Cookery and Quickbreads

Ingredients:

Filling:

- 2 T chopped walnuts
- 1 medium apple
- 1 $\frac{1}{2}$ tsp lemon juice
- $\frac{1}{4}$ c brown sugar
- 2 T margarine
- 2 T raisins
- $\frac{1}{2}$ tsp cinnamon
- $\frac{1}{4}$ c apple juice

Crepes:

- $\frac{1}{3}$ c + 4 tsp flour
- 2 tsp sugar
- $\frac{1}{4}$ tsp salt
- 2 eggs
- $\frac{1}{2}$ c milk
- 2 tsp oil
- 1 tsp oil

Filling Method:

1. Place walnuts in fry pan to toast for short time.
2. Peel and chop apple into bowl. Sprinkle lemon juice over apple and toss.
3. Remove walnuts from heat and place in cereal bowl.
4. Melt margarine in fry pan on medium heat. Add apple - cook 8 minutes.
5. Mix together brown sugar, cinnamon, raisins and walnuts in cereal bowl.
6. After apples are cooked, add brown sugar mixture. Cook until sugar melts.
7. Add apple juice and heat. Set aside.

Crepe Method:

1. Preheat oven to 300° F.
2. Sift and measure flour, add sugar and salt - mix with fork.
3. Mix together liquid ingredients in medium bowl (milk, eggs and 10 ml oil)
4. Add liquid to dry and whisk until smooth.
5. Add a few drops of oil (5 ml) onto heated pan. Using 50 ml measure pour batter into pan - rotate to edges - when surface is dry, flip over.