

Crepes with Pears or Bananas

serves 6-8

This is another simple, elegant dessert that goes well with a variety of menus and is loved by nearly every one. Vary the fillings to suit your own tastes, what is in season, and what best complements the rest of the meal.

Crepes:

1 c. unbleached white flour
1/2 tsp. baking powder
pinch salt
1/2 c. water
1/2 c. milk
2 eggs

Filling:

1 T. butter
2 ripe pears, peeled, 1/2" wedges
1/4 c. heavy cream
1 T. frangelico or other liqueur, opt.
1 T. maple syrup

1 T. butter
2 banana, halved, then 1/4 wedges
1/4 c. heavy cream
1 T. maple syrup
1 T. rum, opt.

Place all the crepe ingredients in a blender and blend until smooth. Scrape down the sides to make sure that they are no flour clumps and blend again. Set aside and let rest for 1/2 hour at room temp. or up to 6 hours refrigerated. Heat a 6-8" frying pan on medium high heat. Swirl a tiny smear of butter on the hot pan. Hold the pan in one hand and the batter in the other. Pour a small amount of batter in the pan at the same time as you tilt and twirl the pan, so the batter coats the bottom of the pan evenly and thinly. Place the pan back on the heat and cook until the edges dry out and begin to lift. Carefully flip the crepe and cook on the other side for 20-30 seconds. Place on a plate and repeat. Stack the crepes on top of each other. Continue until all the batter is used up. Set aside.

Heat the butter in a fry pan (preferably cast iron) on medium high heat. When sizzling, add the fruit. Fry one type of fruit at a time, single layer in the pan. Don't stir until the fruit has had a chance to brown, then flip. Don't flip until the fruit is golden brown. Turn all the pieces and allow to brown on the other side. Then add the rest of the ingredients, turn the heat to high, and heat until the cream is thick and bubbly. Set aside.

Place a couple/several fruit pieces in the center of one of the crepes. Roll the crepe up and place seam side on a serving plate. Continue until all the crepes are used up. Pour the thickened sauce over the top. Drizzle with a little melted/flaked chocolate if desired, sprinkle with powdered sugar, or spoon some raspberry peach sauce on top if you'd like.

Raspberry Peach Sauce; in a small pot, place 1/2 cup frozen/fresh raspberries and peach slices, 1/4 cup fruit juice or water, 2 T. maple syrup and optional 1 T. liqueur. Simmer on medium heat for 5 minutes. Press through a strainer into a bowl. Pour the contents back in to the pot. In the bowl, stir 1 T. cornstarch (non GMO!) in to 2 T. cold water. Pour in to the pot with the fruit and heat on medium high until thick, 1-2 minutes. Pour over crepes.