



MARKET MENU FAVORITES



THE FRENCH CRÊPE COMPANY
STALL 318

SHOPPING LIST:

FARMERS MARKET POULTRY:
Fresh Whole Milk, Chicken Tenders,
Fresh Eggs

FARM FRESH PRODUCE:
Fresh Carrots, White Mushrooms,
Hericots Verts

DRAGUNARA SPICE BAZAAR:
Organic Kosher Salt, White Pepper

**MONSIEUR MARCEL
GOURMET MARKET:**
All-Purpose Flour, Unsalted Butter,
Extra Virgin Olive Oil, Chicken Bouillon
Base, Gruyère Cheese, Dijon Mustard

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The Original
FARMERS MARKET

THE FRENCH CRÊPE COMPANY LA NORMANDIE CRÊPE

Makes 8 (10-inch) crêpes; serves 4 to 8

Crêpe Batter

- 1 cup milk
- 1/4 cup cold water
- 2 large eggs
- 1 cup all-purpose flour
- 1/2 teaspoon kosher salt
- Unsalted butter, melted, for brushing the pan

Sauce

- 1 cup milk
- 2 tablespoons unsalted butter
- 2 tablespoons all-purpose flour
- Kosher salt and freshly ground white pepper
- 2 tablespoons Dijon mustard

Filling

- 2 tablespoons olive oil
- 1 pound chicken breast tenders, cut into 1/2-inch pieces
- Kosher salt and freshly ground white pepper
- 1 carrot, thinly sliced on the diagonal

- 1/4 pound white mushrooms, sliced
- 1/4 pound haricots verts (slender green beans), trimmed and cut on the diagonal into 1-inch pieces
- 2 teaspoons chicken bouillon granules or chicken soup base
- 1 cup grated Swiss or Gruyère cheese



Instructions on next page



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To make the crêpe batter: Combine the milk, water, eggs, flour and salt in a blender. Blend on medium speed until the batter is smooth and lump free, about 15 seconds. Scrape down the sides of the blender as needed. Let the batter rest in the refrigerator for 1 hour. If the crêpes are made immediately, they have a tendency to be rubbery; when you let the batter stand, they have a better texture and a softer bite.

Place a 10-inch crêpe pan or nonstick skillet over medium heat and brush with a little of the melted butter. Pour 1/4 cup of crêpe batter into the pan and swirl it around so it covers the bottom evenly. Cook just until the batter sets and the top appears dry, 30 to 45 seconds. Loosen the side of the crêpe with a rubber spatula. Turn and cook the other side until pale golden, about 30 seconds longer. The crêpe should be pliable, not crisp, and lightly browned. Slide the crêpe onto a platter. Repeat with the remaining batter to make a total of 8 crêpes, brushing the skillet with more melted butter as needed and stacking the finished crêpes on the platter. Loosely cover the crêpes with a kitchen towel to keep them from drying out. (The crêpes can be made in advance, stacked, wrapped in plastic, and stored in the refrigerator for up to 3 days or in the freezer for up to 1 month.)

To make the sauce: In a small pot, heat the milk to a gentle simmer, stirring so it doesn't scorch the bottom of the pot. Keep the milk on low heat.

Melt the butter over medium-low heat in a 2-quart pot. Just as the foam subsides, add the flour, stirring constantly with a wooden spoon

or whisk to prevent lumps. Cook the paste for 2 to 3 minutes to remove the starchy taste, but do not let it brown. Gradually add the warm milk, continuing to stir as the sauce thickens. Season to taste with salt and pepper. Reduce the heat and continue to stir until the sauce is thick enough to coat the back of the spoon, about 2 minutes. Remove from the heat and stir in the mustard. Cover to keep warm.

To make the filling: Place a large skillet over medium-high heat and coat with the oil. Season the chicken pieces all over with salt and pepper and add to the pan. Cook, turning often, until the chicken is lightly browned but not fully cooked, about 5 minutes. Using a slotted spoon, transfer to a plate. To the fat and juices in the pan, add the carrot, mushrooms, and haricots verts; season with salt and pepper to taste. Cook, tossing, until the vegetables are tender and have released their juices, 3 to 4 minutes. Return the chicken and any accumulated juices to the pan. Add the bouillon. Stir well to combine. Reduce the heat to low and stir in the mustard sauce to bind the filling together. Remove from the heat and let cool slightly.

Place a crêpe pan or nonstick skillet over medium heat and brush with melted butter. Lay a crêpe in the pan and spoon about 1/4 cup of the filling along the center. Sprinkle with a handful of the cheese. Using a rubber spatula, fold up all 4 sides of the crêpe so the ends meet in the middle and it looks like a square. Cook for 1 minute to brown slightly. Carefully flip the crêpe over and brush the top with a touch of melted butter. Cook the second side for 30 seconds to heat through. Serve immediately.