



Russian blini, Hungarian palacsinta, Jewish blintzes, Danish eierpannekøek, Polish naleśniki, French crepes and American flapjacks all belong to the same family of food.

They are all kinsin' cousins of the pancake.

Pancakes have been in existence since medieval times and were considered a staple before the advent of leavened bread. Research gives no hint as to who first turned pancake batter into thin, delectable, smoothly textured crepes.

Over the years, however, they have become synonymous with French haute cuisine.

Historically, it appears that every nation lays claim to the invention of pancake batter and considers its particular method of preparation superior to any other. Regardless, each country's recipe and serving habits are worthy of recognition and praise.

**PANCAKES MAY BE** served at any meal and for any course. A platter of stacked hotcakes with melted butter and syrup is ideal for the breakfast or brunch table.

For lunch, try individual portions of delicate cheese blintzes with a dollop of sour cream on top of each.

For eye-pleasing appetizers or hors d'oeuvres, tantalize the palate with stuffed seafood crepes which combine lobster, shrimp and crabmeat with a rich bechamel wine sauce encased in paper thin pancakes (crepes).

Entree pancakes may be served for dinner or late supper. The type which resists sogginess and can be rolled and folded without tearing is best. Encase bite-sized morsels of tender beef and mushrooms, blended with a rich wine-brown sauce in a crepe and swish the surface with additional sauce. Poultry, vegetables and white sauce are also excellent fillers.

**DESSERT PANCAKES** and their many preparation methods are a perfect finale for any meal. Sweden's plattar is a melt-in-your-mouth treat of thin, small pancakes spread with whipped cream or lingonberries and is served with or without rolling.

Romanian pancakes spread with cherries, then rolled and sprinkled with confectioner's sugar or nuts are a delight. Of course, there is the French crepe Suzette, considered by many to be the piece de resistance of dessert pancakes.

With food prices soaring to unbelievable heights, pancakes can prove a real boon to the budgeting homemaker.

Leftover meat, poultry and fish of all varieties take on a festive mood when appropriately sauced, seasoned and dressed up in a pancake. You will have an entree as elegant as any served in the most expensive restaurant. In fact, many fine eateries have made their reputations as exponents of haute cuisine on this type of dish.

Today's column recipes combine the best of two worlds. They can be served for family dining or entertaining. With the exception of the seafood crepes, they can be economical epicurean masterpieces.

## Pork gets better as hogs slim down

When choosing foods for weight reduction, don't forget pork, especially now when many stores are featuring sales on pork.

Pork used to be thought of as fattening, but today's new hog has been bred to be leaner. From 1952 to 1973, selective breeding resulted in a 55 percent reduction in fat.

While the fat has decreased, the rela-

### BASIC CREPE RECIPE

Sift 1 cup flour and ½ tsp. salt together. Mix ¼ cup coffee cream (half-and-half or milk may be substituted) and 1 cup water; stir in 2 beaten eggs. Blend thoroughly. Gradually add cream-water-egg mixture to flour. Stir batter to blend well. Whip with wire whisk and strain through fine sieve. Let batter rest 3 to 4 hours.

Brush a crepe pan (or 5-6 inch hot fry pan) with a bit of melted butter or margarine over high heat. Pour 2-3 tbsp. batter into pan and quickly lift from heat, tipping to coat entire pan with a thin layer of batter. Pour excess back into bowl containing waiting crepe batter. Brown one side lightly; turn and brown second side. Second side browns in half the time it takes for first side.

Repeat procedure, brushing pan lightly each time with melted butter. Stack crepes one on top of the other until all batter is used. Recipe yields 20-30 crepes, depending upon thinness. If you do not plan on using all the crepes, freeze a portion for future use by placing wax paper between each crepe and wrapping all in foil.

### SEAFOOD STUFFED CREPES

(Recipe from "The Happy Cooker") 3 tsp. butter  
3 tsp. flour  
½ cup half-and-half, warmed  
4 oz. dry sherry (no cooking sherry please)

1 egg yolk, well beaten  
dash cayenne  
8 oz. can sliced mushrooms, strained (use fresh mushrooms, if available)  
5 oz. crabmeat, freshly cooked, canned or frozen  
5 oz. shrimp, freshly cooked or frozen  
5 oz. lobster, freshly cooked or frozen  
14 crepes (see basic crepe recipe)

Heat butter over low heat in saucepan. Add flour and blend. Remove pan from heat; blend in warmed half-and-half. Return pan to heat and stir constantly until sauce is smooth and thickened. Add sherry and continue cooking over low heat. Add a bit of hot sauce to egg yolk, a drop at a time, stirring. Then return it to the remaining hot sauce and blend well. Do not boil. Add cayenne. Cook over low heat for 5 minutes. Remove ½ cup of sauce and set aside. Add mushrooms, crabmeat, shrimp and lobsters cut into bite-sized chunks to saucepan.

Spread a bit of the reserved sauce in bottom of an ovenproof serving dish. Fill crepes with equal amounts of fish mixture. Roll them jelly-roll fashion and place in baking dish. Cover crepes with equal amounts of sauce. Brown under broiler for a moment or two. Recipe yields enough to fill 14 crepes.

**NOTE:** If recipe is prepared early and refrigerated simply omit saucing surface. Place in 325 degree oven for 15-20 minutes, covered separately with foil. Remove, and add sauce to each crepe and serve.

### SUPREMES DE VOLAILLE EN CREPE

(or, leftover poultry in crepes — which turn an economical dish into gourmet fare) 4 tsp. butter or margarine

4 tsp. flour  
2 cups chicken stock, homemade or canned  
salt and pepper to taste  
¼ cup heavy cream  
¼ cup dry sherry  
1 tsp. butter or margarine  
¼ cup fresh or canned mushrooms, rinsed, sliced  
dash nutmeg  
1 onion, chopped  
1 egg yolk, well beaten  
3 cups cooked poultry, cut bite-size  
4 tsp. heavy cream, whipped

Melt butter in large saucepan over low heat. Blend in flour. Remove from heat, add salt and pepper and continue stirring until sauce is smooth and well blended. Add cream and sherry. Return to heat, stirring constantly until sauce is thickened. Set sauce aside. In another saucepan, melt butter and saute

# The lowly pancake can rise to any occasion

by Elayne Susan Stulberg

mushrooms. Sprinkle with nutmeg and onion. Saute over low heat until onion is transparent, not brown. Combine with sauce and heat through. Add some hot sauce, by drops, to egg yolk; return to remaining sauce and blend. Remove 1 cup of sauce and reserve. Add poultry and heat through over low heat. Spread a bit of the reserved sauce in bottom of oven-proof dish. Fill 14 crepes with mixture, making certain to distribute evenly. Roll up and place in baking dish. Combine whipped cream with reserved sauce and cover crepes. Brown for a minute or two under broiler. Serves 7 as entree.

### GERMAN STYLE APPLE PANCAKE

Mix and sift together 1 cup flour, ½ tsp. baking powder and a dash of salt. Blend in 1 cup half-and-half. Add 5 eggs, one at a time, beating with a wire whisk. Add ¼ tsp. melted shortening and pour batter into greased oven-proof baking dish or pie plate. Bake in 425 degree oven until browned, approximately 20 minutes. Sprinkle with confectioner's sugar, cinnamon, 1 tsp. grated lemon rind and nutmeg (optional).

al). Serve while still warm with hot apple slices which have been sauteed in butter or margarine and to which a few drops of lemon juice have been added. Serves 5-6.

### BEEF CUBES EN CREPE

2 tsp. cooking oil  
2 lbs. round steak (or use leftover tender beef) cut bite-size  
¼ cup flour  
1 onion, diced  
¼ cup dairy sour cream  
¼ cup vermouth (dry)  
salt and pepper to taste

Heat oil in large saucepan over medium heat. Rinse meat and roll in flour to coat. Brown in fat, turning frequently. Lower heat to simmer. Add onion and blend in sour cream, vermouth and seasonings. Cover tightly and simmer 2 hours or until tender. If using pre-cooked leftover meat, simply saute to heat through. Lightly grease oven-proof baking dish and fill 12 crepes with filling. Roll up and place in baking dish. Cover securely with foil. Bake in preheated 325 degree oven for 15 minutes. Serves 6 as entree.

### ROMANIAN PANCAKES

Add 1 cup sifted flour to 1 cup half-and-half and beat with wire whisk until well blended and smooth. Add 1 egg, 1 tsp. sugar, 1 tsp. vanilla and a dash of cinnamon. Mix all thoroughly. Bake on greased griddle or heavy frying pan until brown. Turn and brown reverse side. Spread with pitted canned cherries, using as much of drained cherries as your taste dictates. While still warm, roll up jelly roll fashion and sprinkle with 2 tsp. ground almonds. Serves 4-5.

### NEXT WEEK: FLAMING TABLE COOKERY

Mrs. Stulberg, a West Bloomfield resident, is a food writer, lecturer and author of the cookbook for dieters, "The Happy Cooker." Letters, requests and recipes are welcomed. Recipes selected for column sharing will give complete donor credit and must be accompanied by name, address and telephone numbers. All column communications must be made by writing The Happy Cooker, c/o The Observer & Eccentric Newspapers, 38251 Schoolcraft, Livonia 48150.

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