

# French import translated to American style

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"We serve them with frozen yogurt, whipped cream and a choice of fruit toppings," said Debbie Kurzyne, assistant manager of a TCBY franchise in Troy. TCBY has a large variety of frozen yogurt and fruit toppings, for \$2.50. For an extra 35 cents, you can add a hot topping. TCBY also serves pre-manufactured crepes filled with frozen yogurt.

"We appeal to all kinds of customers. Young and old seem to love it," Kurzyne said.

Blintzes are another food good for any meal. A blintz is similar to a crepe. It is eaten rolled and filled with cheese, then topped with sour cream, applesauce or fruit.

"BLINTZES ARE one of our very best sellers," said Ron Forman, owner of the Bread Basket deli in the Lincoln shopping center in Oak Park. "We don't use imitation cheese. We use real farmers' cheese. Sunday is our biggest day. Blintzes are a good breakfast, lunch or dinner food."

"Asked if the American trend away from red meat might contribute to greater popularity of blintzes as main-course fare, Forman said: "We sell over 3,000 pounds of corned beef a week. The deli stops at my front door. We are a cheating restaurant."

Crepes can be a tasty, healthy dinner. These recipes come from "The New American Diet" by Sonya L. Connor and William E. Connor, published by Simon & Schuster.

The following basic recipe is a low-fat, low-cholesterol version

- CHEPES**
- 1 cup cold water
  - 1 cup cold skim milk
  - 6 egg whites
  - 1/2 teaspoon light salt or less
  - 2 cups sifted flour
  - 2 tablespoons oil

Put liquids, egg whites and salt

into blender jar; add flour, then oil. Blend at top speed, scraping any flour adhering to the sides of the jar. Cover, refrigerate two hours. This is an important step — it allows the flour particles to expand in the liquid and ensures a tender, thin crepe. The batter should be a very light creamy texture — just thick enough to coat a wooden spoon.

For each crepe, heat 6-inch non-stick fry pan over moderately high heat. When hot, pour a scant 1/4 cup of the batter into the skillet; immediately rotate pan until batter covers bottom. Cook until light brown; turn and brown on the other side. Slide onto warm plate and proceed in same manner with the rest of the batter. Put waxed paper between crepes. Keep covered as they cool to prevent from drying out. The crepes are now ready to be filled. Makes 20 crepes, 6 inches each.

**VEGETABLE CREPES**

To complete the meal, serve with brown rice, peas, rolls and fruit cup

- 1 tablespoon oil
- 1/4 cup chopped onion
- 1 clove garlic, minced
- 6-8 mushrooms, sliced
- 1/4 cup diced green pepper
- 2 cups cubed tomatoes
- 1/4 cup chopped parsley
- 2 fresh tomatoes, chopped
- 1/4 teaspoon light salt, or less
- 1/4 teaspoon basil leaves
- 1 can unsalted tomato sauce

Prepare crepes. Preheat oven to 350 degrees. Heat oil in non-stick saucepan. Sauté onions, garlic, mushrooms and green peppers until slightly cooked. Add minced parsley, tomatoes and herbs. Cook until tender, about 5 minutes. Drain off excess liquid. Fill crepes, then roll. Place in a baking dish and cover with tomato sauce. Bake 10 minutes. Makes filling for 12 to 15 crepes.

From "Betty Rosbott's Cooking School Cookbook," Workman Publishing, New York, comes this elegant waffle recipe for a special brunch.

**JENNY'S PECAN WAFFLES WITH PRALINE BUTTER**

Special equipment: waffle iron, pastry bag with a large star tip (optional); candy thermometer (optional).

- 3 large eggs, separated
- 1/4 cup firmly packed brown sugar
- 6 tablespoons unsalted butter, melted
- 3 tablespoons bourbon
- 1 tablespoon vanilla extract
- 1 1/4 cups milk
- 2 1/4 cups sifted all-purpose flour
- 1 tablespoon baking powder
- 1/2 cup chopped pecans
- pinch of salt
- praline butter, softened (recipe follows)

Preheat a waffle iron. With an electric mixer beat the egg yolks and brown sugar until the mixture is thick and pale yellow, 3-4 minutes. Set aside. Combine the melted butter, bourbon, vanilla and milk in a mixing bowl and stir well. Add the milk mixture to the egg/sugar mixture, and stir the batter well. Sift the flour and baking powder together and add to the batter, along with the chopped pecans. Stir well to incorporate.

Beat the egg whites with the pinch of salt until firm but not dry, and then gently fold them into the batter. Cook the waffles on the waffle iron until golden and crisp. Place the cooked waffles, loosely covered with aluminum foil, in a preheated 250-degree oven to keep warm.

Fit a pastry bag with a large star tip and fill it with the softened Praline Butter. Decorate each waffle with a large rosette of Praline Butter in advance. Keep covered and refrigerated. Bring to room temperature before using. Makes about 1 cup.

**Praline Butter**

- 1/2 cup sugar

- 1/2 cup water
- 1/2 cup pecan halves
- 1 1/2 sticks unsalted butter, softened

Butter a baking sheet generously. Place the sugar and water in a medium-size heavy saucepan over medium heat. Stir to dissolve the sugar, and then cook without stirring until the mixture turns rich amber and begins to smell like burning sugar, 8-10 minutes. On a candy thermometer this will be just a little more than 300 degrees. Watch carefully as the sugar will start to caramelize as soon as it reaches the right temperature and will burn quickly if not removed from the heat.

Take the caramel mixture off the heat and add the pecans. Quickly pour it onto the buttered baking sheet and let it cool, 10-15 minutes. When it has cooled, break up the hardened caramel and grind it into a coarse powder in a food processor, chop it finely with a large knife, or pound it with a mortar and pestle. Stir the praline into the softened butter. (The butter can be made several days in advance. Keep covered and refrigerated. Bring to room temperature before using.) Makes about 1 cup.

Here is a simple dessert crepe from Michel Guerard's "Cuisine for Home Cooks," published by William Morrow and Co.

**CREPES WITH ALMOND BUTTER**

To serve 4:

- Crepes:**
- 1 egg yolk
  - 1/2 cup flour
  - 2 tablespoons sugar
  - 1/4 cup milk
  - zest of 1/2 orange, finely grated
  - 3 tablespoons butter

**Almond Butter**

- 1/4 cup sugar
- 1/2 cup shelled almonds
- 1/2 pound butter, softened
- 1 tablespoon orange liqueur
- 8 teaspoons arragnac or cognac

In an electric blender, combine the whole egg, egg yolk, flour and sugar. Add the milk, a little bit at a time, and blend until all is smooth. Blend in grated orange rind. In crepe pan, melt 3 tablespoons butter and cook it over medium heat until it is brown. Then add it to the batter and blend well. Let the batter rest 30 minutes.

Brush crepe pan with butter and set it over moderately high heat. When the pan is hot, pour in 1/4 of batter and lift and turn the pan to coat the bottom as thinly and evenly as possible. Cook the crepe until the top curls and the edges begin to curl, about 10 seconds. Then turn the crepe over with your fingers (the edges will be cool enough to handle) or with a spatula and cook the other side for about 8 seconds. Both sides should be lightly browned. Transfer the crepe to a plate, and repeat this process with the remaining batter, piling the crepes one on top of the other as you go. When all the crepes have been made, cover them with aluminum foil to keep them warm.

**Almond butter**

Butter a baking sheet lightly. Put the sugar, 1 tablespoon water and the almonds in a small pan. Set it over medium heat and cook, stirring with a wooden spoon, until it turns a

dark caramel color. Immediately pour the mixture onto the prepared baking sheet and leave to cool completely. It should become very hard. Break this almond brittle into pieces and grind to a coarse powder in a food processor or heavy duty blender. Add the 1/2 pound of butter and the orange liqueur and whirl until well combined.

Preheat the oven to 475 degrees. Spread 1 side of each crepe with a thin layer of the Almond Butter. Lightly butter 8 dessert plates. Place each crepe on its own small plate. Almond Butter side up. Put the plates in a preheated oven for just 30 seconds. Remove from the oven, sprinkle each crepe with 1 teaspoon of arragnac, and serve immediately. Each person is served 2 crepes, each on its own plate.

## cooking calendar

● **BBQ DEMO**  
Peg Watson will offer BBQ demonstrations with a stove-top grill, from 1-3 p.m. Saturday in the Kitchen Shop at Jacobson's in Birmingham.

● **SEAFOOD DEMO**  
Chef Donald Tiderington of the Midtown Cafe will demonstrate seafood cooking from 10 a.m. to noon Saturday at the Superior Fish Co. in Royal Oak.

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