



THE INTERNATIONAL CULINARY SCHOOLSSM

at The Art Institutes

CREATE TOMORROW

Crepes

Most countries have their own version of crepes however the Brittany region of France is where the techniques and tools were refined. In the early days of the crepe, white flour was very expensive and reserved for the noble. Many crepes were made with buck wheat flour which was more affordable. As the white flour became more affordable, sweet white flour crepes were served for dessert or with coffee for breakfast. In both Paris and the south of France crepes were served as a dessert. In 1895, Henri Charpentier from the South of France went to Monaco to work for the Café de Paris with his uncle, the famous chef Georges Auguste Escoffier. One evening, the Prince of Wales requested a crepe for dessert. Henri raced to the kitchen and prepared a crepe with an orange sauce flambé. He named the Crepe Suzette in honor of the beautiful young woman who accompanied the Prince. Now both crepes and the Crepe Suzette have become a celebrated French dessert around the world. www.artinstitutes.edu

Ingredients:

1 cup milk

1/2 cup flour

3 eggs

Directions:

Mix all ingredients together until well blended. Pour 1/3 cup of batter onto lightly greased frying pan. Tilt pan to spread evenly. Flip over to cook other side. Remove from pan. Fill as desired with fruit, jellies, cream cheese or other desired ingredients.

Garnish with powdered sugar.

Paint plates with chocolate or strawberry sauces.

The International Culinary Schools at The Art Institutes is North America's largest system of culinary programs offered at over 35 Art Institutes schools. Administrative office: 210 Sixth Avenue, 33rd Floor, Pittsburgh, PA 15222 ©2011 The Art Institutes International LLC

