

FRENCH CREPES WITH RICOTTA FILLING, WALNUT PRALINE AND HONEY – FROM THE NATIVE BEE EVENT

CREPES

200g plain flour

600ml milk

3 eggs – use TWO YOLKS, 1 WHOLE EGG

1 tbsp. sugar

1 tbsp. melted butter

3 tbsp. melted butter EXTRA

METHOD - mix eggs and milk, sugar together, gradually add flour and whisk until smooth. Stand for 1hr. add 1 tbsp. melted butter just before cooking crepes

500G fresh full fat RICOTTA + zest of one lemon

1 cup good honey

PRALINE

1 cup sugar- ordinary granulated

1 tab water

150g walnuts- refreshed in oven for 15 minutes

METHOD FOR PRALINE

Put sugar and water in heavy based saucepan. Stir until sugar is almost dissolved. DON'T TOUCH AFTER THIS otherwise disaster will strike! Watch until large bubbles become smaller and caramel starts to colour. when it is dark golden remove from stove. Have greased sheet pan ready, put walnuts on it and pour over toffee....let sit until set...2 hrs. probably. Break up and put in processor and PULSE for a few seconds only. VOILA!

To cook crepes...use nonstick crepe pan or heavy based frying pan. Heat crepe pan until hot...brush with melted butter and pour in about ¼ cup mixture and swirl around, pour any

excess back into bowl. Wait until crepe looks set on top and flip over for 30 seconds. Have plate ready to slide crepe onto.. place squares of baking paper between each crepe. The first one probably won't be brown enough..discard this and heat pan more! Makes around 10

To serve place around 1 large tablespoon ricotta on crepe and fold into quarters. Drizzle with honey and