

## Chef CathyAnn's Savory Buttermilk Crepes With Caramelized Mushroom Wine Sauce



### CREPE BATTER

- 1 cup all-purpose flour
- 3 large eggs
- ¾ cup buttermilk
- 1 cup milk
- 1/8 tsp ground black pepper
- ¼ tsp sea salt
- 3 tbsp. melted butter (salted is fine)

Combine flour, eggs, buttermilk, salt and pepper into a smooth batter. Add milk; batter should be watery. Chill for 30 minutes to several hours.

When ready to start cooking the crepes, melt butter, and incorporate into chilled batter.

### SAUCE

- 6 oz mushrooms of choice, finely sliced
- ½ cup onions, halved and finely sliced
- 4 tbsp butter
- 4 tsp cornstarch
- ¾ cup Burgundy wine
- ¾ cup water
- 2 tbsp chopped parsley
- Salt and pepper to taste

Prep sauce ingredients, combine water + wine; set aside.

**Preheat teppanyaki grill on #5.** When reached (orange light off) set to # 8. Spray or brush the cooking center lightly with cooking spray or neutral vegetable oil. Using ¼ cup batter per crepe, pour batter onto the teppanyaki, moving from the outside in. Quickly spread batter out as thin as possible and cook until edges start to curl or brown. Flip and cook other side. Gently fold crepe in half, and fold over again for a triangle. Place crepe in the out warming area. Continue until batter is gone. Consider tenting the crepes with foil to keep warm until sauce is ready. Wipe teppanyaki clean with a damp paper towel, using tongs. Caution: surface is very hot!

Melt butter, add sliced mushrooms and onions. Sauté until vegetables start to brown and onions are softened. Sprinkle with cornstarch and blend well. Successively add ½ cup of water/wine mix and cook, stirring until thickening. Add remaining water/wine, incorporate and repeat until done. Switch teppanyaki off. Season sauce to taste, plate a couple of crepes, and spoon sauce on top. ENJOY!

### SERVING IDEA:

Prepare diced pieces of steak, chicken, or shrimp. Brown or reheat on the teppanyaki after cooking the crepes and stuff into crepes. Top with Caramelized Mushroom and Onion Wine Sauce.

**TIP:** if you are not comfortable with sprinkling the cornstarch, whisk with 2 tbsp liquid and add at the end.