

CHBC Demo Recipes

Okanagan Asparagus Crepes

(serves 4)

A (crepes)

80 grams	flour, sifted
1	egg, beaten
125 ml	milk
40 ml	water
1tsp	butter, melted
1tsp	oil
1 pinch	salt

B

450 grams	asparagus
1 tbsp	olive oil

C

450 grams	Chorizo sliced
1	red pepper, sliced
3 sprigs	oregano, fresh

D

200 grams	Buffalo mozzarella, sliced
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Mix all **A** ingredients until they form a smooth batter. Heat a nonstick pan on medium heat and add enough batter to cover the bottom of the pan. Flip as the batter firms up and cook the other side for 1 minute. Make 8 crepes.

Mix **B** and season with salt and pepper. Roast in a pan for 3 minutes just until hot. Place 4 spears on each crepe with **D** and roll up. Keep warm in a low oven.

Saute **C** until chorizo is cooked through. Place 2 crepes on each plate and garnish with sauted chorizo mixture.



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