

Bananas Foster Crepes

From Sara Moulton's Home Cooking 101

Serves 4

Ingredients:

For the crepes:

- 5 tablespoons unsalted butter
- 1 cup whole milk
- 90 grams (about 3/4 cup) unbleached all-purpose flour
- 2 large eggs
- 1/4 teaspoon table salt

For the filling:

- 2 under-ripe (slightly green around the edges) bananas
- 3 tablespoons unsalted butter
- 1/3 cup packed dark brown sugar
- 1/4 teaspoon ground cinnamon
- 1 tablespoon fresh lemon juice
- 1/4 cup dark rum
- Coffee or vanilla ice cream and chopped toasted walnuts as accompaniments

Chantal Item Needed:

- *Chantal Copper Fusion*[®] 10" Fry Pan **or**
Chantal Induction Steel[®] 10" Fry Pan with Ceramic Coating



Image Courtesy of Oxmoor House/Publishers

Bananas Foster Crepes From Sara Moulton's Home Cooking 101

Make the crepes: Melt the butter in a 10-inch nonstick or stick-resistant skillet over low heat. Transfer 2 tablespoons of the butter to a ramekin and 3 tablespoons of butter to the blender. Set aside the skillet (do not wipe it out) and add the milk, flour, eggs, and salt to the butter in the blender. Blend until smooth, scraping down the sides. Strain through a sieve into a bowl, cover, and set aside at room temperature for 30 minutes to allow the gluten (protein) in the flour to rest and ensure that your crepes are tender.

Heat the skillet over medium-high heat until hot but not smoking. Reduce the heat to medium. Brushing the skillet as necessary with some of the remaining melted butter. You should end up with 8 to 10 crepes. Once they are cool, set aside 4 crepes for this recipe and wrap and freeze the remaining crepes for another use.

Make the filling: Peel the bananas, cut them in half lengthwise, and then in quarters crosswise. Combine the butter, sugar, cinnamon, and lemon juice in a large skillet and cook over medium heat, stirring, until melted. Add the bananas and cook, gently turning them over 1 or 2 times, until they are just golden at the edges, about 5 minutes.

Remove the skillet from the heat and add the rum. Return the pan to the heat, bring to a simmer, stirring, and simmer until the sauce is the consistency of honey, turning the bananas often to coat them with the sauce.

Arrange 1 crepe on each of 4 plates, spoon one-fourth of the banana mixture down the middle of each and roll up the crepe to enclose the filling. Turn the crepe so the seam is on the bottom. Top each filled crepe with a scoop of ice cream, a drizzle of the sauce, and a sprinkling of walnuts.

Enjoy!