



Crepes with Caramelised Pears and Roasted Walnuts

Rhiannon Hunt – Hilton Adelaide

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Ingredients:

CREPES
250g flour
6 eggs
15g sugar
5g salt
500ml milk
15g butter, melted

TOPPING

250g walnuts
6 pears
1 tbsp butter
1 cup, castor sugar
lemon juice

Methods:

CREPES

- * Thoroughly mix all ingredients until smooth – rest in jug for at least two hours
- * Grease non-stick, 16cm crepe or fry pan over medium heat
- * When hot, pour in just enough batter to cover the base. Tilt pan so batter covers base in a thin film - pour excess back into jug.
- * Cook for about one minute until underside is golden, then flip with a spatula. Cook other side for just under a minute until golden.

CARAMELISED PEARS AND WALNUTS

- * Toast off walnuts in a separate, hot pan until golden brown
- * Let cool and chop into medium size pieces
- * Peel and slice pears thinly.
- * Melt butter and add toasted walnuts
- * Add sliced pears and castor sugar.
- * Cook on high heat until sugar melts and caramelizes.
- * Remove from heat and add a touch of lemon juice.

To serve:

Spoon pears and walnuts over folded crepes and savour!

ASFM SHOPPING LIST

Ingredients

eggs
milk
butter
walnuts, pears
lemons

Stallholders

Rosie's Free Range Eggs (site 40)
Fleurieu Milk (site 44)
B-D Farm Paris Creek (site 86)
Food Forest (site 60),
Patlin Gardens (site 71), N & M Tsimklis (site 54),
Cosmidis Produce (site 75)