



## January 25, 2017 Brunch

Tired of the same old bacon and eggs? Switch up your breakfasts (or dinners!) with these simple recipes –

The sky's the limit to what you can fill our versatile Simple Crepes with, from sweet fruit, syrup and jam, to savoury ham and cheese. Try our Smoked Salmon and Avocado Crepes, our lighter spin on bagels and lox.

It's never too early for wine in our Spinach and Goat Cheese Frittata! This recipe is perfect for feeding a crowd, and freezes well for leftovers. Our Basil Drizzle is a perfect complement to the dish, and is also delicious on salad or pasta.

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### **SMOKED SALMON AND AVOCADO CREPES**

#### **Ingredients:**

1/4 cup cream cheese, softened  
8 Simple Crepes (recipe below)  
2 pkgs (85 g each) frozen smoked salmon, thawed  
1 ripe avocado, halved, pitted, peeled and sliced  
1/4 cup sliced green onion

#### **Method:**

1. Spread about 1 1/2 tsp cream cheese down centre of each crepe. Top each with salmon, avocado and green onion, dividing equally. Roll up crepes to enclose filling. *Makes 8.*

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## **SIMPLE CREPES**

### **Ingredients:**

1 1/2 cups all-purpose flour, sifted  
2 cups milk (2%)  
3 large eggs  
1/3 cup salted butter, melted  
Salted butter

### **Method:**

1. Place flour in a bowl.
2. Whisk together milk and eggs until blended.
3. Add milk mixture to flour and whisk until combined. Whisk in 1/3 cup melted butter.
4. Pour batter through a fine sieve into a bowl; discard solids. Cover and refrigerate for at least 2 hours or up to 12 hours.
5. Remove bowl from refrigerator and whisk batter.
6. Heat an 8 inch non-stick crepe pan or frypan over medium-low heat. Lightly coat pan with additional butter. Remove pan from heat.
7. Pour 1/4 cup batter into pan. Swirl pan until it is coated on bottom with batter.
8. Return pan to medium-low heat and cook until crepe is firm around edges and lightly browned, about 1 minute.
9. Loosen edges of crepe from pan using a spatula. Slide spatula under crepe and quickly flip it over; cook for an additional 30 seconds or just until lightly browned.
10. Transfer crepe to a parchment paper-lined large rimmed baking sheet.
11. Repeat procedure with remaining batter, adding additional butter as necessary. Do not stack crepes; cool completely.
12. Crepes may be frozen for up to 2 months. If freezing, layer crepes with parchment paper in an airtight container. *Makes 14.*

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## **SPINACH AND GOAT CHEESE FRITTATA**

### **Ingredients:**

2 cups chopped fresh spinach  
1/2 cup dry white wine  
3 cloves garlic, finely chopped  
8 large eggs  
1 cup whipping cream  
Pinch each nutmeg, salt and freshly ground pepper  
1 cup crumbled soft goat cheese, divided  
3/4 cup sliced drained oil-packed sun-dried tomatoes, patted dry  
1/2 cup sliced green onions  
Canola oil (for oiling cast iron frypan)  
Basil Drizzle (*recipe below*)

### **Method:**

1. Preheat oven to 375°F.
2. Place spinach, wine and garlic in a medium non-stick frypan over medium heat; cook, stirring, until spinach wilts. Remove from heat.
3. Whisk together eggs, cream, nutmeg, salt and pepper until blended. Stir in spinach mixture, 1/2 cup cheese, tomatoes and green onions.
4. Pour egg mixture into an oiled 10 inch cast iron frypan.
5. Bake until frittata is set and lightly browned, about 25 - 30 minutes.
6. Sprinkle remaining 1/2 cup cheese over frittata.
7. Cut into wedges and serve drizzled with Basil Drizzle. *Serves 8.*

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### **Basil Drizzle**

### **Ingredients:**



1 cup fresh basil leaves  
1 cup fresh spinach leaves  
1/2 cup canola oil  
1/4 cup white wine vinegar  
2 tbsp finely chopped shallot  
1 tbsp liquid honey  
Pinch each cayenne pepper and salt

**Method:**

1. Cook basil and spinach in boiling water for 30 seconds; drain.
2. Cool basil and spinach immediately in ice water; drain.
3. Place basil, spinach, oil, vinegar, shallot, honey, cayenne pepper and salt in a mini food processor; process until smooth. May be refrigerated for up to 24 hours. Stir before using.  
*Makes about 1 cup.*