

Crêpe cake

This meal is very versatile and can be made on a tight budget whilst still using healthy ingredients. For example, fresh spinach can be replaced with cheaper alternatives; frozen or tinned. Pre-made crêpes can be used to save on preparation time. This recipe can be adapted it to have almost any combination of either sweet or savory fillings.

Ingredients

-Serves 4-

For the crepes :

4 eggs
200 g flour
50 cl milk
20 g butter

For the filling :

200 g grated cheddar
6 slices of ham
450 g fresh spinach
300 g mushrooms
10 cl crème fraiche
2 onions
1 garlic clove
a few pinches of salt
a few pinches of pepper
vegetable oil



Crêpes batter

Break 4 eggs into a mixing bowl and whisk, like an omelette. Gradually whisk in 200 g of flour and same for the milk, and beat until smooth.

Heat 20 g of butter in small saucepan until slightly brown, add it to the mixture.

While the crepe mix stands for an hour prepare the layer fillings.

Layer Fillings

To a large saucepan add 5 g of butter, 3 spoonfuls of water and 1 thinly chopped clove of garlic.

Once melted add 450 g of spinach.

Add the crème fraiche, a pinch of salt and pepper and mix together.

Once cooked remove from heat and drain.

Cut the onions into rings and fry in vegetable oil until slightly brown.

Grate 200 g of cheddar cheese place in a bowl.

Slice 300 g of mushrooms and fry in vegetable oil.

Cooking the Crêpes

Place a nonstick pan on medium heat. Lightly oil the surface and add the batter and swirl to cover the surface. Cook until the bottom begins to brown, then flip the crêpe and cook until the other side goes slightly brown. Place on a plate and repeat until you have 10 to 12 crêpes.

Assembling the cake

Lay one crêpe in a greased cake tin (same size as the crepes).

Then add your first filling.

Repeat with the other 9 layers making to keep each layer as flat and even as possible.

Put in the oven at 220 degrees for 10 minutes until every ingredient heats gently.

Remove carefully from cake tin and slice into quarters to serve.