



The Beaufort House Inn
61 N Liberty Street, Asheville, NC 28801 828-254-8334

Fresh Vegetable Crepes
with Parmesan Béchamel Sauce & Parmesan Crisp Cookie
Serves 8-10 (two crepes per serving)

Ingredients

Parmesan Crisp Cookies 2 cups Shredded Parmesan
Fresh Vegetables
6 Zucchini, 6 Summer Squash, 6 Sweet Red Peppers plus
3 Asparagus Spears per serving
Parmesan Béchamel Sauce
1 stick butter
1 cup All Purpose flour - 4 cups half n half cream
2 Tbs Ground Nutmeg
1 cup Grated Parmesan

Crepe Batter

2 ½ cups Half & Half
5 eggs
2 cups cold water
4 cups malted flour (Carbon Brand)
2 sticks melted butter

Preparation:

Parmesan Cookie Crisp - place 4 Tbs shredded Parmesan on a hot griddle - flatten into small, flat round - when golden brown on underside, flip to other side - remove when both sides golden - place on paper towel until serving time - repeat to create one per serving
Fresh Vegetables: Large chop all vegetables - asparagus stay whole- roast with olive oil and salt in 400' oven until lightly golden - about 20-30 minutes - keep warm

Béchamel Sauce: Melt 1 stick of butter in saucepan - when golden brown, add 1 cup All Purpose flour - whisk to make a classic roux - simmer for 5 minutes - add 4 cups of half n half cream and whisk on low heat until desired thickness and smooth - add 2 Tbs of nutmeg and 1

cup of grated Parmesan - whisk until blended - if too thick before serving, adjust with more whole cream.

Crepe Batter: Whisk eggs until frothy. Add water and half & half - whisk to combine. Add malted flour and melted butter - whisk gently to combine. With a 1/3 cup dry measure, ladle crepe batter onto hot griddle (400'). When bubbles form on top, flip and cook on other side. Stack crepes in a deep lidded pot on stovetop - this keeps them hot and soft.

Presentation

Place two crepes on each serving plate - spoon serving of roasted vegetables on each crepe with three roasted asparagus spears protruding out one end

Roll up each crepe filled with vegetables - seam side down on plate

Spoon hot Parmesan Béchamel Sauce over crepes, stand a Parmesan Crisp upright in middle of both crepes and tuck in fresh sage herbs

Place Parmesan Cookie Crisp upright between crepes
Garnish with Fresh Herb – sprig of sage, basil, rosemary or parsley