

Chalet Jonquille Recipes

Spinach pancakes

(starter for 8 or double quantities to make main course)

Ingredients:

Pancake batter

125 g plain flour

1 large egg

150 ml milk

150 ml water

Filling

Bag of frozen spinach

Crème fraiche

Sauce

25 g flour

25 g butter

300 ml milk

Seasoning – good tsp. of Dijon Mustard and good handful of grated cheese (preferably gruyere)

Method:

1. Gently thaw out spinach (you need about 3 to 4 cupfuls) and add creme fraiche and seasoning to taste.
2. Make pancakes by adding beaten egg to flour and gradually adding milk and water, should be like thin cream.
3. Make pancakes in an omelette pan at a fairly high temp.
4. Roll up pancakes with spinach filling. Place in baking dish.
5. Make sauce by melting butter in a pan. Stir the flour into the melted butter. Gradually add the milk, beating well with wooden spoon, bringing to boil stirring all the time. Add cheese and mustard, taste to season.
6. Pour sauce over pancakes. Bake at 180C until bubbling browned and heated through.