

Whole Wheat Crepes with Chicken Filling

2 cups skim milk

1/2 tsp. salt

4 eggs

2 Tbsp. oil

1 3/4 cups whole wheat flour

Place ingredients in the Bosch blender and blend until smooth. Place in the fridge of 1 to 2 hours. Rub skillet with oil and set on the stove. Turn heat on. When a drop of water dances across the pan, the skillet is ready for frying. Mix batter again and if it is thicker than cream, add a bit more milk and mix again. Pour 3 Tbsp. of the batter into the pan. Tilt and tip the pan so that the bottom is covered. Fry 2 to 3 min and turn and fry 1 min. on the other side. Slide crepe onto a plate. Pile crepes one above the other and keep warm in the oven or freeze for future use.

Chicken Filling

3/4 cup mushroom soup, cream of broccoli or onion soup

2 cup cooked chicken, chopped (I use the Bosch whips to shred the cooked chicken)

2 Tbsp. chopped onion

1 egg

1 Tbsp. chopped parsley

2 slices of cheese melted

Combine chicken, onion, egg, parsley, and 1/4 cup of the soup. Spread on the crepes 1/4" from the edges. Roll up and place seam side down in a 9" x13" baking pan. Keep warm in oven until ready to serve. Combine 1/2 cup of soup with melted cheese.

Spread on filled crepes and heat through in the oven.

Bosch Kitchen Centre
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