



Lemon Dream Crêpes

½ cup (125 mL) butter
1 tsp (5 mL) grated lemon peel
½ cup (125 mL) lemon juice, fresh
¼ tsp (1 mL) salt
1 ½ cups (375 mL) sugar
3 egg yolks, beaten
3 whole eggs, beaten
1 cup (250 mL) whipping cream
10 crêpes (6 inches/15 cm diameter)
Chocolate shavings for garnish, optional

Melt butter in a medium saucepan. Add lemon peel, lemon juice, salt, and sugar. Stir in beaten egg yolks and whole eggs.

Cook over very low heat, stirring constantly with a wire whisk, until mixture comes to a boil and is thick and shiny. Chill in refrigerator for 35 to 45 minutes.

Whip cream. Fold one-half of the whipped cream into cooled lemon mixture. Spoon about ¼ cup (50 mL) of lemon filling down the centre of each crêpe and fold sides up. Spoon another 1 tbsp (15 mL) of filling on top. Top with remaining whipped cream and garnish with chocolate shavings, if desired. Makes 10 servings.

*Need a recipe for basic crêpes?
Visit www.eggs.mb.ca/howto-crepes.html for details.

Vegetable Medley Frittata

1 tbsp (15 mL) butter
½ cup (125 mL) sliced fresh mushrooms
1 cup (250 mL) assorted cooked vegetables (e.g. broccoli, zucchini, carrots etc.)
1 cup (250 mL) shredded Colby or brick cheese
1 tbsp (15 mL) chopped onion
4 eggs, beaten
Pinch salt

Melt butter in non-stick 11 ½ inch (30 cm) frying pan. Sauté mushrooms and onion until tender and liquid has evaporated. Combine eggs and salt; add to vegetables along with half of the cheese. Pour into frying pan. Reduce heat to low. Cover and cook for 15 to 20 minutes or until top is set and underside is slightly browned. Sprinkle with remaining cheese; cover and let stand 2 – 3 minutes, or place under broiler until cheese melts and edges of frittata are slightly browned. If frying pan is not ovenproof, cover handle with aluminum foil before putting under the broiler. Makes 6 servings.

