

A Recipe from Bechard Family Farm

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Beef Stroganoff Crepes

12-14 cooked Basic Crepes
1# grass-fed ground beef
½ cup chopped onion
1 clove garlic, minced
4 oz fresh mushrooms, sliced
2 tablespoons flour
½ to 1 teaspoon salt
¼ teaspoon pepper
¼ teaspoon paprika
10 ¾-ozs can cream of mushroom soup
2 cups real sour cream

Prepare crepes. In large skillet, brown ground beef, onion, garlic, and mushrooms; drain. Stir in flour until smooth. Stir in salt, pepper, paprika, and soup. Simmer 10 minutes. Remove from heat; stir in 1 cup sour cream. Heat oven to 350 F. Spoon about ¼ cup meat mixture along center of each crepe. Fold opposite edges over filling. Arrange in ungreased 13x9 inch baking dish. Brush crepes with melted butter. Cover loosely with foil. Bake at 350F for 15-20 minutes or until heated through. Serve immediately topped with remaining sour cream.

Basic Crepes

4 pasture raised eggs
1-1/3 cups milk
2 tablespoons melted butter
1 cup flour
½ teaspoon salt

In medium bowl, beat eggs slightly. Add remaining ingredients and beat until smooth. Batter may be covered and refrigerated up to 2 hours or cooked immediately. Heat crepe pan or 7 or 8- inch skillet over medium-high heat. A few drops of water sprinkled on the pan will sizzle and bounce when heat is just right. Grease pan lightly. Pour about 3 tablespoons batter into pan, tilting pan to spread evenly. When crepe is light brown and set, turn to brown other side.

Remove from pan. Repeat with remaining batter to make about 14 crepes. Stack cooked crepes. Fill crepes with desired filling or cool, wrap and refrigerate up to 2 days.

