

Asparagus crepes with fresh tomato sauce

Ingredients

Crepe mix

1/2 cup plain flour

2 eggs

1 Tablespoon oil

3/4 cup milk

pinch salt

Filling

400g lightly steamed fresh asparagus

30g butter

3 teaspoons plain flour

3/4 cup milk

salt and pepper to taste

1/2 teaspoon dry mustard (Dijon works fine)

1/2 cup grated cheese

Tomato Sauce

500g tinned tomatoes in pieces - or cut up the whole tomatoes

300g butter

salt and pepper

pinch sugar

1/2 teaspoon dried or fresh basil

Method

Crepe

Beat eggs and milk together, add oil and salt, then gradually add flour while still beating.

When flour is all incorporated, stop beating and set the bowl aside for at least 15 minutes.

Heat a frying pan, preferably non-stick, and lightly spray with cooking oil.

Our in 1/4 of mixture, cook and flip the crepe, cook the other side and then remove to a plate while cooking the remaining crepes.

You should end up with 4 crepes larger than a bread and butter plate, but smaller than a dinner plate.

Filling

Melt the butter in a saucepan, take off the heat, add flour and stir until combined.

Return to the heat and cook, stirring all the time for a minute or two.

Add milk and mustard, salt and pepper, and stir until the sauce boils and thickens.

Remove from heat and add grated cheese.

The residual heat will melt the cheese, but keep stirring until it does, so it doesn't go lumpy.
Drain the asparagus well, then add to the white sauce.

Tomato Sauce

Melt butter in the saucepan, add tomatoes, salt, pepper, sugar and basil.

Bring to the boil, reduce heat and simmer for about 15 minutes.

The mixture should be a bit less runny than when you started.

Putting it all together

When the crepes and asparagus mix have cooled down a little, take a crepe, lay it flat and spoon 1/4 of the mixture into it.

Roll up, tucking in the edges as you go, making a little parcel.

Repeat with the other three crepes and lay them all in an ovenproof dish.

Pour the tomato mixture over the top and bake in a moderate oven for about 10-20 minutes. Serve with a green salad on the side