

Savory Crêpes

Swick

Serves 1 | Active Time: 45 minutes | Total Time: 6 hours

Chef's Notes

If crêpes are dried a bit too much they can be spritzed with water to restore their pliability.

Step 1: Preparing the Crêpe Mixture

- 2 zucchini, peeled and chopped
- 2 apples, peeled and chopped
- 1/2 cup raw pine nuts
- 3 tbsp olive oil
- 1/4 tsp saffron threads
- 2 garlic cloves
- 3 tbsp chopped onion
- 1/4 tsp sea salt
- 1 cup water
- 1 cup golden flax meal, finely ground

To prepare the crêpe mixture, in a high-speed blender or food processor, blend all ingredients, except the flax meal, until smooth. Place mixture into a bowl.

Add the flax meal and combine to the consistency of thin paste.

Step 2: Dehydrating the Crêpe Mixture

On teflex sheets, spread mixture in a thin layer, just under 1/4-inch thick, and place in the dehydrator at 110°F (45°C) for 4 to 6 hours.

Once the mixture is well set, but not completely dry, loosen the edges with a knife and invert directly onto a screen. Finish dehydrating until the backs are dry. Check often. You do not want to over dry the crêpes or they will not stay pliable.

Once done, remove the crêpes from the dehydrator and store in the refrigerator for up to 2 months.

These savory crêpes go extremely well with these Raw Samosas. Note: If doing a samosa fold (which is recommended), you will need to double the crêpe recipe.