

Poached Apricot and Pear Banana Barley Crepes



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Makes 6 servings

Banana Barley Crepe Batter

4	eggs
3/4 cup	skim milk
2 tbsp	honey
3 tbsp	fresh ripened banana (mashed with a serving fork)
1 tbsp	Becel, melted
1/4 tsp	salt
2/3 cup	barley flour
2 tbsp	canola oil

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1. Whisk the eggs.
2. Whisk remaining ingredients and set aside for 30 minutes.
3. In a crepe pan place $\frac{1}{2}$ tsp of oil in a heated pan.
4. Stirring the batter, add about a $\frac{1}{4}$ cup of batter to form a thin layer on hot non-stick pan spreading the batter to form a thin round crepe. Cook at medium heat until golden. This should make 9 crepes.
5. Gently turn the crepe and cook on other side until golden, remove from pan and place on wax paper or parchment paper to cool.

Poached Pears and Apricots

3 cups	water
3	whole cloves
1	cinnamon stick
1 tbsp	lemon juice
2 tbsp	fresh ginger root, minced
$\frac{1}{3}$ cup	honey
6	bartlett pears
6	apricots
18	strawberries
18	banana slices, dipped in dark chocolate
6	sprigs of fresh mint

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1. Combine water, whole cloves, cinnamon stick, lemon juice, ginger root and honey. Simmer for 5 minutes.
2. Peel, core and slice pears and apricots in half.
3. Poach the pears in the simmering liquid. Cover with wax paper, cooking pears until just tender.
4. Remove and set aside.
5. Poach the apricots in the simmering liquid until just tender. Remove and set aside.
6. Reduce the liquid to about $\frac{1}{2}$ cup and set aside.
7. Divide reduced sauce in half. Set one half aside.
8. Pour one half of the reduced sauce over pears and apricots and chill.
9. Thinly slice 6 pears and 6 apricots. Mix and divide fruit into 9 portions and place in centre of the 9 crepes.
10. Tuck in sides and roll each of the 9 crepes.
11. Cut the crepes in half. Place 3 halves uniformly on 6 plates.
12. Garnish each plate with a sprig of fresh mint, 3 strawberries, 3 banana slices dipped in dark chocolate. Using remaining reduced sauce, drizzle about 2 tbsp of sauce over each serving.