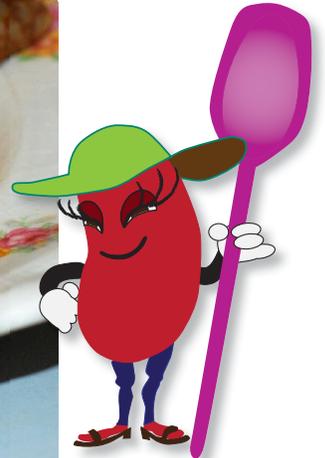


Beans, Rice And Everything Nice

Buckwheat Crepes . . .



original recipe by beansriceeverythingnice.weebly.com

Buckwheat Crepe Ingredients

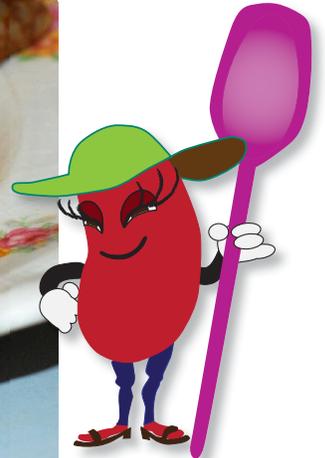
makes 6 small or 4 large crepes

- 1/2 cup buckwheat groats
(for gluten-free try Bob's Red Mill
and Eden Organic)
- 2 Tablespoons cooked rice,
white or brown
- 1 Tablespoon raisins
or sweetener of choice
- 1/2 teaspoon cinnamon
- 1/2 cup non-dairy milk (I used soy)
- 3/4 cup water
- 3 or 4 ripe bananas,
1 banana per serving
(2 small or 1 large crepe makes
1 serving)

1. **Start making the crepes** by measuring the buckwheat groats into a mesh strainer and rinsing briefly under running water. Place the rinsed buckwheat, cooked rice, raisins, and cinnamon in a blender jar. Measure out the non-dairy milk and water, and add it to the rest of the ingredients already in the blender jar. Set aside to soak for 1 hour on the counter or overnight in the refrigerator.
2. **Start the sauce.** (see page 2)
3. When an hour has passed, puree the buckwheat mixture on high speed. You want a thin, smooth batter. This may take a couple of minutes if, like me, you aren't using a high speed blender.
4. Heat a large non-stick pan over medium heat. To keep the finished crepes warm, place a clean, folded, kitchen towel on a plate, and set close to the stove. When the pan is warm, drop crepe batter (1/3 cup of batter for small crepes and 1/2 cup batter for larger ones) into the centre of the pan. Lift the pan off the burner, and gently rotate to spread the batter into a thin crepe. Set back down on the burner and let cook for 4-6 minutes. The crepe is ready to flip when the edges are slightly darkened and start to lift from the pan. The top will look completely dry and darker in colour as feels sticky, let it cook some more before flipping. Flip the crepe when ready, and cook the other side for another 2 minutes. When cooked, remove from the pan, and place between the folds of the kitchen towel to keep warm. The crepes will soften while in the towel. Continue this process until all the batter has been cooked. This takes a while, and you may need to reduce the cooking temperature a little as the heat of the pan builds up. Let the finished crepes rest, covered in the kitchen towel, while you make the sauce.

Beans, Rice And Everything Nice

with Chocolate Orange Sauce



original recipe by beansriceeverythingnice.weebly.com

Chocolate Orange Sauce Ingredients

3/4 cup freshly squeezed orange juice,
about 1 and 1/2 oranges

1/4 cup water

1-2 Tablespoons gluten-free cocoa powder (I used Hershey's)

1 Tablespoon thickener,
e.g. cornstarch, tapioca flour,
rice flour, oatmeal, oat flour, etc.
(I used gluten-free oat flour)

- 1. Start the sauce.** Measure the raisins into a jar or a small bowl. Next, juice the oranges, and add the juice to the raisins. Measure out 1/4 cup water, and add to the raisins and juice. Set aside to soak while you make the crepes.
- 2.** To make the sauce, rinse out the blender jar. Pour in the raisin and orange juice mixture. Add 1 Tablespoon cocoa powder for a light chocolate sauce or 2 Tablespoons for a dark chocolate sauce. For this post, I made a dark chocolate sauce. Add your thickener of choice and puree until smooth.
- 3.** Pour into a small saucepan and cook over medium-low heat until thickened (about 5 minutes once it warms up). Stir frequently. The finished sauce is like a thin pudding. Remove from the heat when done. The sauce will thicken more as it cools.
- 4.** Before assembling the crepes, prepare the fruit. I filled my crepes with sliced banana, but any fruit would work. Slice the bananas and oranges. Set aside.
- 5. To assemble small crepes,** place a crepe on the plate. Put 1 Tablespoon of sauce in the centre of the crepe and spread. Put 1/3 of a banana along the bottom edge of the crepe and roll the crepe over the filling to create a cigar shape. Repeat with a second crepe. Put another Tablespoon of sauce along the top of the rolled crepes, top with the remaining banana, and garnish with a couple of orange slices. Repeat for each serving.

For large crepes, put 2 Tablespoons of sauce in each crepe, fill with 1/2 - 3/4 of a banana, top with 1 Tablespoon of sauce and the rest of the banana, and garnish with orange slices.