

# Crêpes with mornay sauce



## Ingredients

### Filling:

- 1 cup cooked and chopped chicken
- 3 tablespoons butter (or margarine)
- 1/4 cup flour
- 2 cups milk
- 1/3 cup parmesan cheese
- 3 medium sized mushrooms
- 1 cup spinach
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

### Crêpes:

- 1 cup milk
- 2 tablespoons butter (or margarine)
- 2 eggs
- 1 cup flour
- 1/2 teaspoon salt
- 1 tablespoon oil

## Directions

### Sauce:

1. Cut up your chicken and fry it in a pan.

2. Microwave the milk for two minutes.
3. Melt the butter in a small pot at medium heat. As soon as it melts, add the flour to the pot and stir it up for a few seconds. **Off heat**, pour the warm milk into the pot and stir it enough that no flour/butter will burn on the bottom of the pot. Return the pot to the stove and continue stirring constantly until the sauce thickens and begins to boil, then remove it from the stove promptly.
4. Microwave the mushrooms, then the spinach until warm (about one minute each).
5. Stir in the parmesan cheese, mushrooms, spinach, chicken, salt, and pepper. Then put aside the sauce while you make the crêpes.

### Crêpes:

1. Microwave the butter and milk together for about 1:20, until the butter is almost melted (this is so that the butter will mix into the batter).
2. Beat the eggs in a large bowl, and add the milk/butter to the same bowl.
3. Add the flour and salt to the bowl, and stir the ingredients together for several minutes, until there are no lumps.
4. Let a pan heat up for a few minutes, then oil it and pour 1/4 cup of batter into the pan, tilting the pan to spread the batter evenly (the pan only needs to be oiled before the very first crêpe).
5. Cook until the underside begins to brown, then flip the crêpe and do the same for the other side.
6. Plop the crêpe and some sauce on a plate, roll it up, and eat immediately.