

Crepes Stuffed with Liver Mousse

INGREDIENTS:

Servings: 2 people

Crepes:

Flour	60 g
Salt	a pinch
Milk	60 ml
Water	60 ml
Egg	1
Clarified butter	about 60 ml
Egg yolk	1

Liver mousse:

Chicken livers	250 g
Hard-boiled egg	1
Large onions	1-2
Salt and freshly ground pepper	to taste
Oil	for frying

Servings: 4 people

Crepes:

Flour	125 g
Salt	a pinch
Milk	120 ml
Water	120 ml
Eggs	3
Clarified butter	about 120 ml
Egg yolk	1

Liver mousse:

Chicken livers	500 g
Hard-boiled eggs	2
Large onions	3
Salt and freshly ground pepper	to taste
Oil	for frying

Servings: 6 people

Crepes:

Flour	200 g
Salt	a pinch
Milk	180 ml
Water	180 ml
Eggs	4
Clarified butter	about 180 ml
Egg yolk	1

Liver mousse:

Chicken livers	750 g
Hard-boiled eggs	3
Large onions	4-5
Salt and freshly ground pepper	to taste
Oil	for frying

Servings: 8 people

Crepes:

Flour	250 g
Salt	a pinch
Milk	240 ml
Water	240 ml
Eggs	6
Clarified butter	about 240 ml
Egg yolks	2

Liver mousse:

Chicken livers	1 kg
Hard-boiled eggs	4
Large onions	6
Salt and freshly ground pepper	to taste
Oil	for frying

Servings: 10 people

Crepes:

Flour	320 g
Salt	a pinch
Milk	300 ml
Water	300 ml
Eggs	7
Clarified butter	about 360 ml
Egg yolks	2

Liver mousse:

Chicken livers	1 1/4 kg
Hard-boiled eggs	5
Large onions	7-8
Salt and freshly ground pepper	to taste
Oil	for frying

Servings: 12 people

Crepes:

Flour	375 g
Salt	a pinch
Milk	360 ml

Water	360 ml
Eggs	9
Clarified butter	about 480 ml
Egg yolks	3

Liver mousse:

Chicken livers	1 1/2 kg
Hard-boiled eggs	6
Large onions	9
Salt and freshly ground pepper	to taste
Oil	for frying

TOOLS:

Crepes:

Flour sifter
Bowl
Whisk
Ladle
Non-stick frying pan or crepe pan
Spatula

Liver mousse:

Chef's knife
Cutting board
Frying pan
Wooden spoon
Slotted spoon
Food processor
Pepper mill
Pastry brush

INFO:

Perfect as a first course (or as a lunch), these crepes are so light and delicate that they are bound to cause a sigh or two of pure pleasure. Try these with a sweet dessert wine.

TIME:

prep time : 01:00

cook time : 00:40

PREPARATION:**Prepare the batter:**

Sift the flour into a bowl. Add the salt. Blend the milk and water and pour over the flour while continuously mixing. Mix until smooth. Mix the eggs and the egg yolk in and set aside to rest for one hour.

Prepare the crepes:

Brush a non-stick frying pan with some melted butter and place over medium heat until hot. Pour any excess butter back into the bowl. Pour a small ladleful of batter into the pan, and quickly spread the batter over the bottom of the pan by tilting the pan around. Fry until golden on one side. Slide onto a plate. Continue until all the batter has been used. Brush on more butter every few crepes.

Prepare the liver mousse:

Clean the livers. Peel and slice the onions into thick slices. Sweat the onion in oil over medium heat until soft and transparent, but not brown. Remove the onion with a slotted spoon and, in the same oil, fry the livers. Do not over cook. They should remain pink in the center. Place the livers, onion, hard-boiled eggs, salt and freshly ground pepper in a food processor. Work into a smooth mousse.

Assemble the crepes:

Place 1 tablespoon of mousse in the center of each crepe. Fold the crepe into a parcel, blintz or envelope. Brush the crepes with clarified butter and broil, or simply fry the crepes in clarified butter.