

Crepes Stuffed with Liver Mousse

INGREDIENTS:

Servings: 2 people

Crepes:

Flour	1/2 cup
Salt	a pinch
Milk	1/4 cup
Water	1/4 cup
Egg	1
Clarified butter	about 1/4 cup
Egg yolk	1

Liver mousse:

Chicken livers	9 oz
Hard-boiled egg	1
Large onions	1-2
Salt and freshly ground pepper	to taste
Oil	for frying

Servings: 4 people

Crepes:

Flour	1 cup
Salt	a pinch
Milk	1/2 cup
Water	1/2 cup
Egg	3
Clarified butter	about 1/2 cup
Egg yolk	1

Liver mousse:

Chicken livers	1 pound
Hard-boiled egg	2
Large onions	3
Salt and freshly ground pepper	to taste
Oil	for frying

Servings: 6 people

Crepes:

Flour	1 1/2 cups
Salt	a pinch
Milk	3/4 cup
Water	3/4 cup
Egg	4
Clarified butter	about 3/4 cup
Egg yolk	1

Liver mousse:

Chicken livers	1 3/4 pounds
Hard-boiled eggs	3
Large onions	4-5
Salt and freshly ground pepper	to taste
Oil	for frying

Servings: 8 people

Crepes:

Flour	2 cups
Salt	a pinch
Milk	1 cup
Water	1 cup
Egg	6
Clarified butter	about 1 cup
Egg yolks	2

Liver mousse:

Chicken livers	2 1/4 pounds
Hard-boiled eggs	4
Large onions	6
Salt and freshly ground pepper	to taste
Oil	for frying

Servings: 10 people

Crepes:

Flour	2 1/2 cups
Salt	a pinch
Milk	1 1/4 cups
Water	1 1/4 cups
Egg	7
Clarified butter	about 1 1/4 cups
Egg yolks	2

Liver mousse:

Chicken livers	2 3/4 pounds
Hard-boiled eggs	5
Large onions	7-8
Salt and freshly ground pepper	to taste
Oil	for frying

Servings: 12 people

Crepes:

Flour	3 cups
Salt	a pinch
Milk	1 1/2 cups

Water	1 1/2 cups
Egg	9
Clarified butter	about 1 1/2 cups
Egg yolks	3

Liver mousse:

Chicken livers	3 1/4 pounds
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.