

## **Madame Thermomix's Buckwheat Crêpes**

Adapted from a recipe in [Gourmet Magazine, August 1997](#). Makes 8 crêpes

### **Ingredients**

30 g olive oil  
90 g buckwheat flour  
40 g all-purpose (plain) flour  
½ tsp salt  
350 g milk  
3 large eggs

### **Method**

1. Put all ingredients into the Thermomix bowl. Blend 20 seconds/Speed 6. (*That's it? Wow.*)  
Let rest at least 30 minutes.
2. Fry thin pancakes in a mixture of oil and butter. Keep warm on a plate wrapped in aluminium foil (kitchen foil).

## **Madame Thermomix's Seafood Filling in White Wine and Caper Sauce**

Fills four crêpes

### **Ingredients**

20 g butter  
20 g flour  
160 g single cream  
40 g white wine  
salt and pepper to taste  
1 Tbsp capers  
200 g pack cooked mixed seafood (prawns/shrimp, mussels, squid rings) *this is my busy evening cheat!*  
parsley or chervil to garnish

### **Method**

1. Place butter, flour, cream, white wine, salt and pepper into Thermomix bowl. Cook 80° C/6 minutes/Speed 4.
2. Add capers and seafood. Heat through while holding at 70° C/5 minutes/**Reverse Blade Direction**/Speed Spoon.

Assemble the crêpes onto warm plates by placing a pancake onto a plate and spooning a quarter of the filling into the center. Wrap the crêpe around the filling and repeat, serving two crêpes per person. Spoon some of the remaining sauce on top of the filled crêpes and garnish with chopped parsley or chervil.

*Bon appétit !*

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