

Paleo Crab Crepes with Parsnip Puree and Beet Reduction



Recipe by A Kitchen Hoor (@flowerfroggirl)

Yield: 4

Ingredients

- 2 c parsnips, peeled and chopped
- 3 c fresh beets, peeled and chopped
- 1/2 c honey
- 1 c water
- 3 T coconut milk
- 1/4 t salt
- 2 whole eggs
- 2 T coconut oil, melted
- 1/8 t salt
- 2 T coconut flour
- 1/3 c coconut milk
- 1 c lump crabmeat, picked clean
- 4 T fresh dill, chopped

Cooking Directions

1. Peel and chop parsnips. Place in a saucepan full of cold water and bring to a boil. Boil until fork tender. Drain.
2. Pulse in a food processor until thick. Add 3 tablespoons coconut milk and process until smooth. Set aside.
3. Peel and chop beets. Place in a saucepan and add 1 cup of water and 1/2 cup honey. Bring to a boil and then simmer on medium low until beets are tender and juices have reduced.
4. Drain beets reserving pulp for another use.
5. Simmer beet juice in a small saucepan until reduced to a syrup consistency. Keep warm.
6. In a food processor, pulse the eggs until lightly scrambled.
7. Add coconut oil and pulse until combined.
8. Sift coconut flour into egg mixture and add salt. Pulse until combined.
9. Add 1/3 cup coconut milk and pulse until combined.
10. Heat a nonstick skillet coated with cooking spray over medium heat. Add 1/3 cup crepe mixture and cook until lightly browned. Flip and cook on second side until lightly browned.
11. Place crepe on a plate. Spread 1/8 cup parsnip puree down the center. Top with 1 tablespoon chopped dill and 1/4 cup of crab meat. Fold closest side over the filling then roll the crepe over to fold in thirds. Top with beet reduction.