



Brian Anderson | Chef/Owner  
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www.bistro29.com



For the Crepes:

- 1 lb Buckwheat Flour
- 2 Eggs
- 1 Tbsp Honey
- ¼ cup Grey Sea Salt
- Water as needed

In a large bowl combine the eggs, honey, salt & one cup flour. Using your hand as a utensil, combine the ingredients, adding enough flour to make a smooth paste. Add enough water to thin the mix, keeping the batter smooth. Alternate between the flour and water, finishing with the flour. Cover the mixture with water & let rest for two hours or overnight. When ready to use add enough water to make a fluid batter, apply a thin layer of batter to a non stick pan & cook on one side for 30 seconds. Then flip & cook on the other side for 10 seconds. Keep at room temperature until ready to use.

For the Forestiere:

- 2 lb Cremini Mushrooms, thinly sliced
- ½ cup small Shallots, diced
- 1 Tbsp Thyme
- 1 cup White Wine
- 1 cup Heavy Cream
- Salt & Pepper to taste
- Olive Oil as needed

In a large sauté pan heat enough oil to cover the bottom, add a single layer of mushrooms, season with salt & pepper & cook until soft. Transfer to a baking sheet & continue the process until all the mushrooms are cooked. Using the same pan, add the thyme & shallots, sauté until soft & fragrant, pour in the wine & scrape the pan of any tasty bits. Put mushrooms back in the pan with the shallot wine mixture, add the cream & adjust the seasoning. Reduce the liquid until it coats the mushrooms & take off heat.



Savory Buckwheat Crepes with Mushroom Forestiere and Sunny Side Egg

BPH-1215 Square Plate PW 12 1/8x12 1/8 x1 3/8" 6 pcs



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