

Cordon Bleu et Crêpes

Ratatouille Casserole: Serves 8

Sauce Mixture:

- 1 yellow onion diced finely
- 2 carrots washed, peeled and diced finely
- 1 red, 1 yellow bell pepper charred, peeled, de-seeded and chopped
- 1 poblano pepper charred, peeled, de-seeded and chopped (optional – if you want a less spicy flavor swap it with another sweet bell pepper)
- 1 tsp “herbes de provence” (mixture of savory, thyme, lavender, basil, fennel)
- 6 basil leaves
- 1 can crushed red tomatoes (28 ounces)
- 1 tbsp minced garlic
- 1 tbsp olive oil

Sliced veggies: (all about 1/16th of an inch thickness)

- 2 zucchinis
- 2 yellow squash
- 2 Asian eggplants (the skinnier eggplants)
- 6 roma tomatoes
- 2 tbsp olive oil
- Salt & pepper
- Minced garlic to taste
- 1 tsp “herbes de provence”

Under a broiler, place the peppers and cook them until they are charred. Place them in a bowl, covered to let the skin soften. In a skillet, sauté the diced onions and carrots with olive oil. Peel and de-seed the peppers, and add them to a blender with the sautéed onions, carrots, spices, garlic and the can of crushed tomatoes. Blend until slightly chunky.

Add the sauce to a casserole, and arrange the sliced veggies in a circular pattern slightly overlapping. Top with spices, minced garlic and olive oil. Bake in the oven, covered with foil at 350 for 1 to 1.5 hrs.

Chicken Cordon Bleu: Serves 4

- 4 boneless skinless chicken breasts pounded thin
- 4 Swiss cheese slices
- 4 thin slices of ham or prosciutto

- 1 egg beaten
- Salt, pepper, 1 tsp thyme
- 1 or 2 cloves garlic minced
- 1 cup breadcrumbs
- 2 tbsp olive oil

After you have pounded the chicken breasts thinly, place seasonings, 1 slice of ham or cheese per chicken breast and roll the chicken breast closed. Pin the roll with toothpicks to keep it closed. Place each chicken roll in egg wash, then cover in the breadcrumbs.

In a pan place olive oil and cook chicken roll until all sides are crispy and golden brown. Finish baking in the oven at 350 degrees for 10-15 minutes until chicken is well done.

Crêpes: Serves 4

- 1.5 cups flour
- 1 cup milk
- .5-1 cup water
- 1 tbsp veggie oil or melted butter
- 1 tsp salt
- 2 tsp sugar
- 2 eggs

Blend all the ingredients together in a blender until smooth. Make sure consistency of the batter is thin and runny. Place in the refrigerator for 15 minutes to allow mixture to rest. Heat up a pan to medium-high, and butter it. Immediately after, ladle the crêpe mixture into pan and spread it around thinly. When the edges turn golden brown flip the crêpe, and finish cooking. Repeat with the rest of the mixture.

Fill crêpes with jam, nutella, fresh fruits, or sugar and lemon juice for a traditional French taste. Alternatively, you could fill the crêpes with savory ingredients for more of a main dish.

Bon Appétit