

Crespelle di Spinaci/Crepes with Spinach

Crespelle are essentially crepes; they just tend to be a little smaller (max 20 cm in diameter) and more "wrinkly." This is the recipe for 4 *crespelle*, but you should make many more: the batter is good for a few days in the fridge. You can also cook the *crespelle* and store them piled on top of each other in the refrigerator or freeze them.

You can substitute *besciamella* with *ricotta* or, if you want a lighter dish, you can leave it out altogether (and skip steps 6–8–9). You can make *crespelle* with essentially any veggies. If you like meat, you can add ham or chicken (cook it well before filling the *crespelle*!).

You can also make sweet *crespelle*: fill them with Nutella, or ice cream, or brown sugar and a little lemon juice, or walnuts and honey, or ...

Ingredienti per 4 crespelle

- One *uovo*/egg
- 60 g *di farina*/ 1/2 cup of flour
- 125 mL *di latte*/1/2 cup of milk
- 60 mL *di acqua*/1/4 cup of water
- 125 g *di spinaci freschi*/about 4.5 oz of fresh spinach
- *sale*
- *burro*/butter
- *parmigiano grattugiato*/grated parmesan
- *formaggio tipo fontina*/fontina-like cheese
- *spezie*/spices

Procedimento

1. In a *ciotola* (bowl) whisk the flour (sifted), a pinch of salt, milk, egg, and water until smooth. If you have time, allow the batter to rest for 20–30 minutes.
2. Heat an iron or non-stick pan at medium high heat and melt a little butter.
3. Pour a ladle full of batter on the pan. Rotate the pan and use a wooden spoon to distribute the batter evenly.
4. Cook until the edges start to detach from the pan, turn using a spatula.
5. In the meantime, cook the spinach with a little water or in a pan with garlic and olive oil. Add salt and spices at your taste. Remove excess water.
6. Prepare the *besciamella* (see below).
7. Fill each *crespella* with spinach, *besciamella*, grated parmesan and small pieces of *fontina* cheese (as much or as little as you like). Fold them in triangles, or roll them.
8. Spread some *besciamella* on a *teglia*/baking pan. Place the *crespelle* on top and cover with *besciamella* and grated parmesan.
9. Bake for about 15 minutes at 350 degrees F.

La Besciamella/Béchamel

Ingredienti per la besciamella

- 20 g *di farina*/flour
- 20 g *di burro*/butter
- 0.2 L *di latte*/of milk
- *Noce moscata*/nutmeg
- *Sale*

Procedimento

1. Melt butter at low medium heat.
2. Add the flour (medium heat) and cook until golden brown.
3. Add warm milk (a little at the time, so it remains smooth), bring to a boil, and continue to stir at low flame until creamy (typically it takes just a few minutes, keep stirring!)
4. Add salt and a pinch of nutmeg and remove from the heat.
5. The *besciamella* is ready to be used (if you store it in the fridge, cover with saran wrap).

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