

Editor [Bree Shirvell](#): Heard some news you want us to check out? Let me know: bree.shirvell@patch.com

[Home](#)

[News](#)

[Events](#)

[Places](#)

[Traffic & Gas](#)

[Gallery](#)

[More](#)



SATURDAY ESPRESSO BREAK

By [Bree Shirvell](#) | [Email the author](#) | January 28, 2012

[Arts, Patch's House & Home](#)

Saturday Morning Crêpes With Mocha Sauce

The perfect breakfast for those with a sweet tooth.

[4](#) [Email](#) [Print](#) [Comment](#)

Zesty lemon crêpes with strawberries and mocha sauce. The perfect breakfast for those with a sweet tooth.

Here's what you'll need

Crêpes

- 2 eggs
- 1 1/4 cups low-fat milk
- 1 teaspoon grated lemon zest
- 1/2 teaspoon vanilla extract
- 1 cup all-purpose organic flour
- 1/4 teaspoon salt
- 1/2 teaspoon olive oil
- 2 tablespoons butter
- 8 tsp. unsalted butter
- 1 cup sliced strawberries

Mocha Sauce

- 1 cup semisweet chocolate morsels
- 1/4 cup half and half
- 2 teaspoons butter
- 3 tablespoons strong-brewed coffee

Here's what to do

Crêpes

In a blender combine egg, milk, lemon zest, vanilla, flour, salt, olive oil, and 2 tablespoons of butter. Blend until smooth. Cover and refrigerate for twenty minutes or for as long as overnight.

Place a skillet or crêpe pan over medium heat and melt 1 teaspoon of butter to coat the pan. Hold the pan at an angle and pour about a 1.3 cup of batter into the center of the pan, tilting the pan to spread the batter to the edges. Return the pan to the heat and cook for about 2 minutes or until the crêpe is golden brown underneath. Flip the crêpe over and cook the other side for about a minute or until the underneath side is brown. Place the crêpe on a plate and repeat with the remaining batter.

Mocha Sauce

In a small heavy saucepan cook chocolate, half and half, and butter over low heat, stirring often, for 2 to 3 minutes or until smooth. Remove from heat and stir in coffee. Serve warm. Makes 1 cup.

Crêpe Assembly

Lay each crêpe flat, fold in half, and then fold in half again to make a triangle. Open the edges of the



PHOTOS (2)



[Upload Photos and Videos](#)

We're here to make you smile
compassionate • friendly • comfortable setting



[FIND OUT MORE](#)

Located in a historic home with a bright open atmosphere
Visit [Dr. Sally M. Vail](#) and [Dr. Linda J. Robson](#) for all your dental needs.

SEE MORE ON PATCH

- [A Favorite Scandinavian Dessert](#)
- [Prize Winning Apple Tea Cake With Lemon Glaze](#)
- [Celebrate Hanukkah, Christmas And Kwanzaa With These Recipes](#)
- [There's A Surprise In These Christmas Cookies](#)
- [Eat One - Freeze One Banana Date Bread](#)

H&R BLOCK
At Home™

FILE ONLINE FOR LESS. AND BY "LESS," WE MEAN "NOTHING!"

Free to prepare. Free to print. Free to e-file.
NEVER SETTLE FOR LESS™ ▶

[START NOW](#)

MOST POPULAR ARTICLES

- [Winifred La Grua, Benefactor Of The Borough, Dies At 94](#)
- [Week In Review: Groundhog Day, Grand](#)

folded crepe and place the desired amount of diced strawberries inside. Garnish each crêpe with additional strawberries and mocha sauce. Enjoy!

About this column: Musings over espresso and other thoughts on the happenings in Stonington, Pawcatuck and Mystic.

Email me updates about this story.

Enter your email address

Keep me posted



4



Email



Print



Follow comments



Submit tip



Comment

Other Saturday Espresso Break Articles



The Meaning of Service

By Bree Shirvell



Shopping Locally And Thinking Green In 2012

By Bree Shirvell



Vacancy Vision: The Old Stop & Shop Building

By Bree Shirvell



Help Friends Of Friends Find A Job

By Bree Shirvell



Pleasures Of The Off-Season

By Bree Shirvell

[See all Saturday Espresso Break articles](#)

[Jury, Super Bowl](#)

[Smart Gloves for Smart Phones \(With Video\)](#)

[The Mystic Country Club](#)

[Your Neighborhood Gallery](#)

Check Our Low Daily Price @
advancedheatingoil.com
Automatic Delivery at Same Cash Price!

Leave a comment

Submit >

Joe's Crab Shack

Joe's Crab Shack Coupons Save Money with Free Coupons.

ShopAtHome.com/Joescrabshackdeals

Restaurant Coupons

Only 24 Hours Left to Download Your Coupons. Save up to 90% Off.

kqbdeals.com

Old saybrook ct hotels

Old Saybrook Hotels, Resorts, Hotels, Packages, Condos, Compare

www.ResortsandLodges.com

A New Kind of Breakfast

New, Delicious belVita Breakfast Biscuits Made with Whole Grain!

Nabiscoworld.com/belVita

Sponsored Links

Advertise

Volunteer

Contribute

Web2PDF

converted by Web2PDFConvert.com