Beef, Mushroom and Gruyere Stuffed Crepes

4 filled crepes;2 per serving with half of all beef-mushroom filling and cheese | Active 45 min | Cook 50 min | Total 80 min

Ingredients

- 2 3/4 oz all-purpose flour (80 g)
- About 3/4 cup plus 1 tablespoon and 1 teaspoon 2% milk (200 ml; use 200 g for the estimate)
- 1 large egg, without shell (50 g)
- 1 tablespoon olive oil (15 ml/13.5 g), divided
- 8 3/4 oz 90%-lean ground beef (250 g)
- 8 3/4 oz cremini mushrooms, finely chopped (250 g)
- 1 small onion, finely chopped (80 g)
- 1 garlic clove, minced (3 g)
- 1 tablespoon tomato paste (16 g)
- 1/3 cup water (80 ml/80 g)
- A small pinch ground nutmeg (0.25 g)
- 1/4 teaspoon fine salt (1.5 g), divided
- 1/4 teaspoon ground black pepper (0.5 g)
- 2 1/8 oz Gruyere, finely grated (60 g)

Set out

Kitchen scale, measuring jug, whisk and mixing bowl, 10-inch/25 cm nonstick crepe pan with flat cooking base about 9 inches/23 cm or larger, 12-inch/30 cm skillet for filling, Clean plate for cooked crepes, broad spatula and pastry brush, Baking dish with usable base at least 12×9 inches/30×23 cm and 2 inches/5 cm sides, Food thermometer

Allergens

Wheat, Milk, Egg. Check labels and substitutions.

Make it

1. Whisk milk and egg in the bowl, then whisk in flour,1 teaspoon/5 ml oil and one third of the salt until smooth. Rest for 15 minutes while making the filling. Heat oven to 375°F/190°C.

2. Heat 1 teaspoon/5 ml oil in the large skillet over medium-high heat. Cook mushrooms and onion for 10–12 minutes, stirring, until softened and loose liquid evaporates. Add garlic and stir 30 seconds. Add beef and cook for 6–8 minutes, breaking into small pieces, until browned and the meat reaches 160°F/71°C. Check a gathered thick portion with a thin-tip thermometer.

3. Stir tomato paste, nutmeg, remaining salt and all the black pepper into the beef for 1 minute. Add the measured water and simmer for 3–4 minutes until moist but not soupy. Remove from the heat and divide into four equal filling portions.

4. Stir the rested crepe batter and weigh it. Divide into four equal portions, about 84 g each. Heat the crepe pan over medium heat. Use the remaining 1 teaspoon/5 ml oil to brush the pan lightly across all four crepes. Pour one portion into the pan, immediately tilting to spread it over the broad base. Cook for 1–2 minutes until the surface is set and the underside lightly golden. Turn and cook for another 30–60 seconds. Transfer to a clean plate and repeat.

5. Divide filling among the four crepes, fold the side edges slightly in and roll loosely. Set seam-side down in the baking dish in one layer. Divide all Gruyere over the tops. Bake for 10–12 minutes until the cheese melts and centers reach 165°F/74°C. Rest for 3 minutes and serve two rolls per person.

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Estimated nutrition per serving

Calories: 690 kcal | Protein: 48.6 g | Carbohydrate: 47.0 g | Fat: 34.0 g | Fiber: 3.0 g. One of 2 servings. Batch yield: 4 filled crepes;2 per serving with half of all beef-mushroom filling and cheese. Base ingredients and full measured oil included; optional variations excluded. Estimates vary with brands, cooking and actual portions.

Make the count work for a second meal

Four rolls make the portions visible: two for tonight and two for another meal if cooking for one. Keep the second portion in a shallow container, and allow enough space to check its center temperature on reheating instead of relying on melted cheese at the edges.

A useful detail

The four crepes start from scratch and their 15-minute batter rest is included. Oil 15 ml is divided into 5 ml batter,5 ml filling and 5 ml crepe-pan brushing. The estimate counts the full 250 g raw 90%-lean beef and all pan contents; no fat is drained away.

Another way

Replace the 60 g Gruyere with 60 g grated Swiss cheese for a milder finish.

Replace the 250 g ground beef with 250 g 93%-lean ground turkey, cooking the filling to 165°F/74°C before rolling. Variations change the estimate.

Keep it well

After the short serving rest, place saved portions in shallow containers and refrigerate within 2 hours, or 1 hour above 90°F/32°C. Keep at 40°F/4°C or below for up to 3 days. Reheat covered until each roll's center reaches 165°F/74°C; uncover briefly at the end if desired. Freeze promptly for up to 2 months and thaw in the refrigerator before reheating.