

Berries and Cream Crepes

By Alexis Snider



Menu

Description

A delicate, whole-wheat crepe stuffed with a light, whipped cream cheese filling. It is served with a warm blueberry compote. It garnished with a strawberry, fresh mint, and lemon zest.



Crepe Batter Mise en Place



3 eggs



1 cup whole wheat flour



1 cup milk



$\frac{3}{4}$ cup water



1 tablespoon honey



1 teaspoon vanilla



$\frac{1}{4}$ teaspoon salt



1 tablespoon
butter, melted

Cream Cheese Filling Mise en Place



8 ounces cream cheese, softened



$\frac{1}{4}$ cup sugar



1 teaspoon vanilla



1 cup whipped cream

Blueberry Compote Mise en Place



1 cup blueberries, fresh



$\frac{1}{4}$ cup water



1 tablespoon lemon
zest



2 tablespoons sugar

How was color incorporated into this dessert?

Response:

The dark blueberry compote on top of the light crepe adds dramatic color contrast to the plate. The strawberry and fresh mint, in addition to a sprinkle of lemon zest also helps incorporate color into the dessert.



What textures are used in this dessert?



Response:

Inside the crepe is a soft, light and creamy filling. The crepe is then topped with a chunky, juicy, “burst-in-your-mouth” blueberry compote. The lemon zest was added for an extra little “crunch”.

Describe how the space (plate) was used in a creative or interesting way.

Response:

The long crepes were served on a circular plate and then the blueberry compote was placed on top, going the opposite direction of the crepe, to create a cross effect. Lemon zest and confectioner's sugar were sprinkled over the dessert and plate.



Identify the vessel used for this dessert.



Response:

The plates I used are circular with slightly scalloped edges. They are decorated elegantly with flowers and they compliment the springtime feel of the dessert.

Are there contrasting temperatures? If so, how?

Response:

This dessert does contain contrasting temperatures. The crepe is made with a cold, whipped filling and, right before serving, it is topped with the warm blueberry compote.



What is the focal point of this dessert?



Response:

The blueberry compote is the focal point of this dessert. It is so beautifully dark compared to the rest of the dessert; it immediately stands out.

Do you think this dessert looks dramatic? Explain why or why not.

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Response:

I think this dessert looks dramatic because of the color contrast that was incorporated, between the blueberry compote and the whipped cream cheese filling. Also, the strawberry adds a nice pop of color and the mint standing straight up behind it adds a little height.

Would this dessert be in danger of falling over? Explain why or why not.



Response:

This dessert is definitely not in danger of falling over. It is not tall rather it is quite flat on the plate. The only thing “in danger” of moving is the blueberry compote but, if plated correctly, should not be a problem.

Is there a garnish on this dessert? What is it?



Response:

1. Fresh strawberry sliced and fanned
2. Fresh mint
3. Confectioner's sugar
4. Lemon zest

What did you learn from making this dessert?



Response:

I learned that timing and organization are key for this dessert. In order to serve the plate with contrasting temperatures, the compote must remain warm, the filling should be chilled, and the crepe should be fresh. It is all about keeping yourself organized and managing your time.