

# Pancakes stuffed with ham, button mushrooms, spinach, emmenthal and smoked paprika béchamel sauce - Virtual Workshop Version

## Recipe for 2

### Description

A classic recipe that we revisited to bring a bit of happiness in your kitchen.

### Note

You can prepare your covered pancake batter and leave it in the fridge all night !

### Ingredients

#### Pancake

- 125 Ml Milk
- 50 Gr Flour
- 1 Unit(s) Egg
- 1 Tbsp Melted butter
- 1 Pinch(es) Salt
  
- Butter
- Salt and pepper
- Vegetable oil

#### Garnish

- 6 Thin slice(s) Cooked ham
- 10 Unit(s) Button mushrooms
- 1 Handful(s) Spinaches
- 1 Cup(s) Swiss cheese
- 1 Clove(s) Garlic
- 1 Tbsp Chopped parsley
  
- Butter
- Salt and pepper
- Vegetable oil

#### Béchamel Sauce

- 375 Ml Milk
- 35 Gr Flour
- 35 Gr Butter
- 1 Tbsp Smoked paprika
  
- Butter
- Salt and pepper
- Vegetable oil

### Preparation

- Preparation time **40 mins**
- Preheat your **oven** at **375 F°**

#### To prepare before class

Make sure all of your ingredients are weighed and ready out of the fridge.

You will need :

2 mixing bowls, 1 antistick pan, 1 stainless steel pan, 1 small cooking pot, 2 plates, 1 whisk, 1 ladel and a pair of tongs.

### Pancake

In a mixing bowl, whisk in your egg, melted butter and lukewarm milk together. Continue by incorporating your sifted flour, mix again until smooth. Finally add your pinch of salt. Let batter rest on the counter or in the fridge for 30 minutes.

Next, in your antistick pan, splash a bit of vegetable oil and butter and let it melt on medium high heat. Once nice and hot, pour a bit of your pancake batter in the pan with your ladel. Turn your pan with your wrist to help it cover the bottom of the pan. Cook for 2 minutes on one side, then flip it to continue cooking the other side for about 1 minute. We're looking to make very thin pancakes. Once cooked, put them on a plate for now.

### Garnish

Cut your mushroom in thin slices.

Heat up your stainless steel pan on medium high heat (7-8), add in a splash of vegetable oil and a bit of butter. Once the butter starts browning, add in your mushrooms and let them cook on one side for at least 1 minute without touching them, this will give them a nice coloration. Once this coloration achieved, start flipping them and add the garlic, cook for another minute. Remove from heat and add your parsley, spinach and some salt and pepper to taste.

### Béchamel Sauce

Start by melting your quantity of butter in your small cooking pan, add the flour while constantly mixing with your whisk, start cooking this mixture on medium heat for about 1 minute. (This will cook the flour and help us get a thick and creamy sauce, this operation is called making a ``roux``.) Then add in your milk and smoked paprika, turn up the heat and bring to a boil, while constantly whisking. Once your béchamel thickens sufficiently, after several minutes, remove from heat and add your salt and pepper. Don't forget to taste !

### Finishing touches

Put your pancake on an oven plate and start filling one half with a couple slices of ham, your mushroom sauté, your cheese and a bit of béchamel sauce. Close or roll your pancake to close in the garnish. Pour over a couple spoonfuls of your béchamel sauce on your stuffed pancake and put in the oven at 375F for 7 minutes.

Enjoy !

**Bon appétit!**