

France

# PAYSAN BRETON “L'AUTENTIQUE” CRÊPES



Paysan Breton “L'Autentique” *crêpes* are made from authentic Breton ingredients. Milk, butter, eggs... all ingredients come from family farms in Brittany. The recipe for the *crêpes* is also the traditional one without colourings or preservatives, which is why they have such a delicious, homemade flavour. They are prepared from a mix that is not excessively sweet, making them ideal to be enjoyed with either sweet or savoury fillings. Whichever way they are prepared, they are tasty and, when hot, have an irresistible aroma and the softest of textures.

CRÊPE HOMEMADE RECIPE AROMA  
AND FLAVOUR THAT RECALL  
THEIR TRADITIONAL MANUFACTURE



Brittany, located in the extreme west of France, is the birthplace of the *crêpe*, which has become the undisputed protagonist of the cuisine of the area. Its temperate, Atlantic climate with frequent rainfall is responsible for abundant vegetation and an idyllic landscape, where dairy cows are much more than an essential part of the scenery: they are also one of the foundations of the agri-food economy of the Breton region, the country's main dairy farming area.

## History and production

Paysan Breton “L'Autentique” *crêpes* are the culmination of a process that began in the Middle Ages, when the Crusaders introduced so-called ‘Saracen wheat,’ or buckwheat, to Brittany. With its flour, water and a little salt, modest ‘galettes’ were made, the predecessors to today’s *crêpes*. Time passed and the recipe became more sophisticated and more delicious. Water was replaced with milk and other ingredients, such as sugar, eggs and butter, were added.

The Paysan Breton cooperative, recognised for its dairy products and for being a great institution in the region, needed to include in its repertoire something as quintessentially Breton as *crêpes*. Committed as always to the origin and quality of its products in order to preserve the flavour of authenticity, it launched its delicious *crêpes*, made on cast iron as tradition dictates, in 2011. Since then, they have become an essential element in many French homes and, increasingly, in many other countries.



A dairy farm in Brittany

## PAIRING

**Accompany with:** Sweet ingredients such as butter, jam, syrup, chocolate, sugar, ice cream, fresh fruit, fruits in compote or sautéed, milk caramel, gianduja or Nutella, whipped cream. Savoury ingredients such as cheese, bacon, vegetables, ham and cheese, sautéed chicken with vegetables, sautéed mushrooms with aubergine and almonds, artichokes, Bolognese sauce and béchamel, sautéed spinach with raisins and roasted garlic, smoked salmon, leeks with bacon.

**Drink:** milk, plant milks such as oat, rice, soy or almond, horchata, chocolate or strawberry milkshakes, also fruit smoothies or green juices.

During lunch or dinner, they can be accompanied by cava, cider, sweet wines such as muscatel or Pedro Ximenez, beer and any variety of wine, depending on whether they are eaten as a dish or a dessert.



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## Tips, preservation and use

Paysan Breton "L'Authentique" crêpes stand out for their softness, buttery flavour and fluffiness. To preserve the quality of their texture, the pack should be well closed once opened and kept at room temperature, away from light and moisture.

This will ensure that breakfasts, desserts, snacks, and quick recipes are always delicious and fun. Combine them with your favourite ingredients as hot or cold dishes!



## RECIPES



**NUTELLA AND BANANA  
CRÊPES**

### INGREDIENTS

- 2 bananas
- 1 lemon zest  
teaspoon
- 1 cinnamon  
teaspoon
- 2 brown sugar  
tablespoons
- 100 g Nutella
- 4 Paysan Breton  
"L'Authentique" crêpes

| 🍳 Easy | 👤 2 portions | 😊 Suitable for children |

### METHOD

Cut the banana into small dice and mix with the lemon zest, cinnamon and brown sugar. Spread the crêpes with Nutella, add the banana and close like a handkerchief. Sprinkle the sugar into a non-stick pan and heat up until it melts. Place the crêpes into the caramel, lower the heat and move the pan to bathe it in the caramel. Serve right away.

### NOTES

It can be served with a scoop of vanilla ice cream.

### INGREDIENTS

- 120 g grated  
Emmental cheese
- 6 bacon rashers
- 2 g leek
- 60 g butter
- 60 g cream
- 4 Paysan Breton  
"L'Authentique" crêpes

| 🍳 Easy | 👤 2 portions | 😊 Suitable for children |

### METHOD

Cut the bacon into thin strips or small dice. Grate the cheese. Cut the leek into thin strips. Fry the bacon in a pan until it begins to brown, add the butter and leek, lower the heat and continue cooking until the leek is soft. Away from the heat, add the grated cheese and cream. Season and mix thoroughly. Spread the crêpes with the filling and close like a handkerchief. To serve, heat the crêpes in the oven, on the griddle or in the microwave.

### NOTE

They can be frozen once assembled.



**LEEK, BACON  
AND EMMENTAL CRÊPES**

VIDEO OF THE RECIPES AVAILABLE ON OUR APP



AND ALSO AT [www.iberconseil.es](http://www.iberconseil.es)