



PEA SNAPS... Ace Burpee 'flips' over gluten-free Crepes

October 19th, 2012

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The new host of [CTV's Great Tastes of Manitoba](#) is none other than [Ace Burpee](#) of Hot 103FM Winnipeg fame. Ace, together with Roxanne Lewko from the [Manitoba Pulse Growers](#) (seen here in the picture), recently demonstrated how to make delicious gluten-free [Crepes with Berries](#). The segment from the TV show can be seen on [YouTube](#) and will air again on February 23rd.

Ace is an enthusiastic cook, as well as a cheerleader for pulses. "It's a french twist on pulses" exclaimed Ace as he tucked in to the final creation. "Get into pulses. They're good for you. High in protein. And people grow them here [in Manitoba]."

Each crepe contains 63 calories, 4 grams of protein and 1 gram of fibre.

[Crepes with Berries](#) - makes 6 X 8" crepes

1 egg
1/2 cup milk of choice
1 tsp canola oil
1 tsp vanilla
1/4 tsp cinnamon
1/2 cup 'Best' Chickpea Flour
1 1/2 cups berries of choice



1. In medium bowl, whisk egg, milk and canola oil. Continue whisking and add vanilla and cinnamon.
2. Add chickpea flour and whisk until smooth with no lumps. Heat an 8-inch non-stick pan over medium heat and lightly grease. Using a 1/4 cup (50 mL) measure, scoop batter into hot pan and quickly tilt the pan using a circular motion so the batter evenly coats the surface.
3. Cook the crepe for about 30 seconds, until bubbles show on the surface and the bottom is light brown. Loosen with a spatula, turn and cook the other side. Can be served plain or with various toppings.

Recipe Variation: For a savoury crepe, replace the vanilla and cinnamon with 1 tbsp parsley, 1 tbsp grated parmesan cheese, and a pinch each of salt and pepper. Serve with various toppings – cream cheese and smoked salmon are delicious!

During the 2011-12 season of Great Tastes of Manitoba, the previous host Jim Ingebrigtsen and Roxanne demonstrated two gluten-free deserts made with pulse flours. These may also be viewed on You Tube: [Apple Crisp](#) and [Blueberry Lemon Quick Bread](#).

All three recipes may be found in the [Pulse Canada](#) recipe booklet: [Pulses and the Gluten-free Diet, Cooking with Beans, Peas, Lentils and Chickpeas](#). The recipes were developed using 'Best' Chickpea Flour and 'Best' Whole Yellow Pea Flour made from the complete or whole seed. The whole seed includes the hull which is high in fibre and rich in micronutrients, in particular iron and calcium. Buy whole, rather than split pulse flours for [maximum nutritional and health benefits](#).

Thank you to everyone who attended the [First Impressions Hair and Skin Team](#) fundraiser for the [Autism Program](#) at the St Amant Centre. Over \$6,000 was raised, and what a lot of fun we had!

Happy flipping,
Margaret



'Best' Chickpea Flour, Whole Yellow Pea Flour, Green Split Pea Flour and Pea Fiber may be found in Canada on line at [canadaonly.ca](#), [thestorefront.ca](#), and [well.ca](#), or in your favourite store - be sure to ask them to stock it!

'Best' Chickpea Flour may be found in the US on [Amazon](#).

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