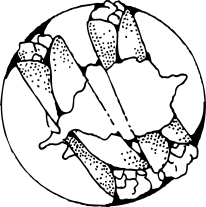
**Herbed Chicken Béchamel Crêpes**

Makes 2-3 servings.

This recipe uses crêpes reserved from a previous lab.

**Béchamel Sauce:**

25 mL margarine

25 mL all-purpose flour

1 mL Herbs de Provence (a combination of rosemary, marjoram, thyme, savory, basil, lavender & sage)

f.g. salt and pepper

150 mL milk (skim, 1% or 2%)

**Filling:**

**** 1-1½ 4-oz/115g chicken breast portions (½-piece of chicken per person)

50-100 mL water

10 mL green onion, thinly sliced

**Topping:**

125 mL grated cheddar cheese

15 mL finely chopped parsley

1. Preheat oven to 350ºF. Lightly grease a baking dish with shortening.
2. Place chicken breast in a frying pan with 50 mL water and cover with a lid.
3. Steam the chicken breast on medium heat. You may start the water steaming on medium-high (“med” - #7), but reduce heat once water is boiling (#4 – “med”). Lift the lid often (**briefly**) to check that the pan still has enough water to create steam and cook the chicken. If necessary, add more water **BEFORE** the pan is dry.
4. Cook the chicken until the juices run clear and there is **NO pink colour** in the centre of the thickest part (6-8 minutes). Check doneness by removing the chicken to a cutting board and cutting in to the meat with a paring knife. If possible, use a cutting board reserved for meat only. When the chicken is cooked thoroughly, remove to the cutting board and **dice** into 1 cm sized pieces – about the size of regular playing dice.
5. Meanwhile, make the Béchamel Sauce: Mix together the flour and seasonings in a custard cup. Melt margarine in a small pot on medium heat. Stir flour mixture in to melted margarine, making sure it is smooth and lump-free.
6. Cover milk in liquid measure with a paper towel and warm in the microwave for about 20-30 seconds on high power. Using a heat-resistant rubber spatula, gradually blend the warm milk in to the flour/margarine mixture (the “roux”) while stirring constantly and scraping the bottom of the pot. Adjust heat accordingly so that the milk will not scorch or burn on the bottom. Cook until thickened. The mixture must simmer at least 2 minutes to avoid a “raw flour” flavour.
7. Remove the Béchamel sauce from the heat and stir in the diced chicken and sliced green onions.
8. Dividing the filling evenly amongst the crêpes, spoon the filling across the centre of each crêpe. Roll up crêpes and place, seam side down, in the lightly greased baking dish. Sprinkle with grated cheese.
9. Bake at 350ºF for 10-12 minutes or until cheese is melted and crêpes are hot. Garnish with chopped parsley and serve immediately.