

Plum crepe — simple, seasonal dessert for 2

This past spring I visited a friend in Uruguay for a wine tasting trip. Of course, one doesn't live by wine alone, so our adventure quickly expanded into food. Ever since I've been obsessing over a dessert I had.

Surprisingly it didn't have one of my favorite South America ingredients — dulce de leche. Simple in ingredients and concept it was a large, thin pancake/crepe, caramelized on top, with thinly sliced apples throughout. Ten inches wide, it was the perfect dessert for sharing.

When I got home and recovered from jet lag, I tinkered with my crepe recipes to come up with a variation. Wanting to use another fruit besides apples, I waited impatiently until plums were in the market.

The caramelized sugar bumps up the overall sweetness level of the dessert so it's important to use an acidic fruit. The sugar content of peaches, while delicious this time of year, is too much. Plums work perfectly. With their tart personality they can use the help of a sweeter component. Bright purple Santa Rosa plums also make this a gor-

Caramelized Plum Crepe

Serves 2

If the plums are very ripe, don't sugar them since the caramel sweetens the crepe. Raspberries — either by themselves or with the plums — are also good. Peaches work, too, as long as they aren't too sweet. When Emily Luchetti makes this dessert at home, she shares it with her husband off the same plate, but you can easily halve it.

2 purple plums

Sugar to taste, if needed + 1 tablespoon for the crepe

1 large egg

2 tablespoons milk

¼ teaspoon vanilla extract

1 tablespoon flour

¼ teaspoon ground cardamom or cinnamon

Large pinch kosher salt

1 tablespoon unsalted butter



Craig Lee / Special to The Chronicle; styling by Kathryn Scholte

Instructions: Cut the plums off the pit into 1-inch wedges, then halve the wedges crosswise. Place in a bowl and set aside. If the plums are very tart, toss with a little sugar.

Whisk together the egg, milk and vanilla extract in a bowl. Add the flour, cardamom and salt. Whisk until smooth and

no lumps remain.

Melt the butter in a 10-inch nonstick pan (the bottom surface area of the pan should be 8 inches) over medium heat until foamy. Pour the batter into the pan, and swirl the pan so the batter covers the entire bottom. Cook until it starts to set, about 15 sec-

onds. Lift the edges of the pancake with a rubber spatula and tilt the pan so the excess batter runs underneath. Continue to cook another minute or so, until the bottom is lightly browned. (Lift the edges and peek at the bottom to see if it is colored).

Slide the crepe onto a large

plate, at least 11 inches in diameter.

Sprinkle 1 tablespoon sugar into the pan and return it to the heat. Stir the sugar and cook for 15-30 seconds, until it dissolves and just begins to color. Remove the pan from the heat to prevent the caramel from burning and return the crepe to the pan, brown side down. Either slide the pancake onto the pan or pick up the crepe edges with your fingers and place it in the pan.

Return the pan to medium heat, swirl and cook another 20 seconds or so to evenly distribute the caramel and cook it to a caramel color. Be careful not to overcook the caramel and burn it.

Remove the pan from the heat. Place the plate on top of the pan, and invert the pancake onto the plate. Scrape any remaining caramel out of the pan with a rubber spatula and drizzle over the crepe.

Place the plums in the middle of the crepe, halve the crepe, and serve immediately.

Per serving: 186 calories, 5 g protein, 22 g carbohydrate, 9 g fat (5 g saturated), 124 mg cholesterol, 40 mg sodium, 2 g fiber.

geous dessert to present.

This dessert is small — it's good to have some of those in your repertoire so you're not always tempted by leftovers — although you can double the recipe to serve four. Just be sure you have two 8-inch round pans available,

and keep the first crepe warm in a low oven while you make the second. These are best eaten right after making.

The crepe uses ingredients you're likely to have on hand, and is quick to make. Whisk everything together, cut up the fruit, make the

crepe and you are ready to eat.

If you aren't a cardamom fan, feel free to substitute the same amount of cinnamon. Both spices pair well with plums.

If the plums are very ripe, I don't sugar them. If they taste tart, toss

them in a bowl with a small amount of sugar to taste. The plums' juices will dissolve the sugar.

To gild the lily, you can serve the crepe with some vanilla ice cream or whipped cream. But you can't go wrong with this summer dessert just as it is.

Emily Luchetti is the executive pastry chef at Waterbar and Farallon in San Francisco, the author of several baking books, and the winner of the best pastry chef award from the James Beard Foundation.

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