

# Cooking with Julia: Seafood Crepes



**JULIA HANSEN**

Ever since I can remember, seafood crepes have been my dad's favorite dish. On his birthday and Father's Day, my mom makes him something special, and he almost always requests seafood crepes. My family likes to cook and eat and we often discuss our favorite dishes, but it never gets old. It's kind of like discussing favorite movies, music or vacations: no matter how many

times you've talked about it, it never seems to become a boring topic of conversation.

During these discussions, my Dad's favorites these always seem to concentrate on one recipe book: Betty Crocker's International Cookbook. Growing up, my grandpa often used this cookbook and made dozens of the recipes. I can tell you every recipe I've tried is delicious! Just a few of these recipes include beef stroganoff, stuffed rolled steak, chicken cacciatore, paella, shrimp in spicy sauce, Finnish summer vegetable soup and my personal favorite, tarragon chicken. Unfortunately this cookbook no longer is in print, but it can be found in used bookstores. My mom found a copy of it for me in Powell's Books in Portland, Ore., so I could enjoy all the wonderful recipes inside. If you cannot find the actual cookbook anywhere, most of the recipes are available online at [www.bettycrocker.com](http://www.bettycrocker.com).

Additionally, if you have leftover empty crepes, a little Nutella or peanut butter spread inside a crepe with sliced banana is delicious. Warm them a little in a pan, roll them up, sprinkle powdered sugar over them and enjoy!

**Ingredients:**  
2 1/4 cups all-purpose flour  
1/2 teaspoon baking powder  
3/4 teaspoon salt  
3 cups milk  
3 eggs  
2 tablespoons butter, melted

**Filling Ingredients:**  
10 mushrooms, chopped  
3 tablespoons chopped green onion  
3 tablespoons butter  
3 cups shrimp, cooked and cut into bite-size pieces  
8 ounces cream cheese, softened  
1/3 cup half and half  
3 tablespoons parsley  
1 cup Swiss cheese  
1/4 cup chopped green onion



**Directions:**

1. In a large mixing bowl, whisk together the flour, salt and baking powder. Stir in milk, eggs and margarine. Whisk until smooth.
2. Heat a lightly oiled griddle or frying pan over medium heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each crepe. Immediately tilt the pan with a circular motion so that the batter coats the surface fully and evenly.
3. Cook the crepe for about two minutes, until the top is dry and the bottom is light brown. Loosen with a spatula, turn and cook the other side. Stack crepes as they are removed from the skillet, placing a small piece of waxed paper between each to keep them from sticking.

**Filling Directions:**

1. Preheat oven to 350 degrees. Cook and stir mushrooms and three tablespoons green onion in margarine until onion is tender. Stir in shrimp, cream cheese, half and half and parsley. Cook, stirring constantly, until cream cheese is melted.
2. Place about 1/4 cup filling on center of each crepe and roll it up. Place crepes seam sides down in a 13" x 9" baking pan. (You probably will need two 13" x 9" baking pans because this recipe makes quite a few crepes.) Sprinkle Swiss cheese over the crepes. Cover and bake in a 350-degree oven for about 20 minutes. Garnish crepe with green onion.

## Puppies make top "25 Things"

If you weren't part of the recent "25 Things About Me" Facebook note craze because you weren't tagged or, God bless you, you don't have a profile, here's the gist of it: Facebook users went wild for the opportunity to publish a list of 25 random facts on their social profiles — usually about personal quirks (example, "I love baseball") or interesting observations ("Robert Pattinson is so HOT").

To be honest, most of these notes actually are fascinating and a pleasure to read, as long as the author kept the 'LOL's and narcissism in check. They seemed to be useful means to examine life experiences and acknowledge influential people.

Midterms and stuffy noses are easy to complain about, but I guarantee there's a lot more to appreciate. To that end, here are 25 random things to be grateful for this week.

1. Facebook: The social networking site always is available for stalking, commitment-free flirting, sharing funny YouTube videos and generally wasting time.
2. Kirksville: Complain all you want, but there's something beautiful about this little town of ours. We have cozy restaurants for Sunday afternoon studying and caffeine fixes, enough weekend concerts, plays and athletic activities to please just about everyone, fresh anything from the Farmers Market and all your friends within a comfortable walk, bike ride or five-minute drive. Beat that, suburban St. Louis.
3. Midterm Break: A whole week off to sleep 12 hours a night (or day), go home to happy families, jet off to the beach and catch

up on that research paper — or don't.

4. (Whoa-OH) Halfway there: Midterm Break also means the semester is half finished. There's either only half of a semester to go or an entire half of a semester more to enjoy, depending on the status of your optimism-pessimism glass.

5. Old friends who know you and love you.

6. New friends who want to know you and love you.

7. Money: College students complain a lot about being poor. The fact is, not being able to splurge on a 4 a.m. Pancake City trip so you can afford a trip to Europe is not much of a sacrifice. Whether you have \$1 or \$1,000, it's something.

8. Text messages, Facebook chat, G-mail chat, Skype, AIM and any of the other ways we stay constantly connected: There's always someone to talk to (or type to, as it might be).

9. Dropping off the communication radar for a few hours: Try putting down the cell phone and logging off the Internet chats. Breathe. Appreciate being alone.

10. Guilty pleasure dance music: No matter how much you deny it during the week, Britney, Miley and Rihanna are the best girls to go out with on a Friday night.

11. All music: There's a song for every occasion, to make you move or move you, bring you to tears or guide you to sleep at night.

12. Beautiful days: Those blue-sky, warm-breeze days that make spring seem right around the corner are even more spectacular because they're usually sandwiched between

the torrential downpour day and the five-degree wind chill day.

13. Meandering walks, leisurely strolls, etc.: Those beautiful days call for plenty of time outside.

14. Ice cream cones: Long walks on beautiful days call for tasty refreshment.

15. Scarves: Before those spring days get here, we still have a few more weeks of bitter temperatures. Cozy necks keep spirits up on the way to 8 a.m. classes.

16. Freedom of speech: There's something to be said for being able to say what you want, to hear two sides to an issue and to send scathing letters to the editor of your college newspaper. Not everyone has the luxury of complaint.

17. Unconditional love: There are people who care for you no matter what stupid things you say when practicing your right to free speech.

18. Short-term crushes: It's fun to flirt, to smile when his name comes up on your caller ID, to do a little Facebook stalking and then move on, heart intact.

19. Holding hands: It's a charmingly innocent and simultaneously intimate human connection.

20. Opportunity: Whether it's in line at the movie theater or in choosing where to go and what to do after graduation, it's nice to have options.

21. Birthdays: They are celebrations that you were born and a confirmation that your life touches and enriches the lives of others. Also there are presents, cake and (if you're

Peace  
of mind



Design by Antonette Bedessie/Index

**Zoe Martin**

- lucky) those little cone-shaped party hats.
22. The best book you've read.
  23. The best movie you've seen.
  24. The best night you've had.
  25. Puppies, like the one to the right.

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