



**A modern take on the crepé - bursting with flavours**

**Ingredients:**

1 ring of slim Blackpudding

100g soft goats cheese

Apple relish (you can use tomato relish, or leave this out altogether as the caramelised onions are sweet enough)

**For Buckwheat Crepes:**

100g buckwheat flour

250ml-300ml water

1 pinch salt

**Caramelised Red Onions:**

2 red onions

1 heaped tablespoon brown sugar

1 large glug of balsamic vinegar

**Method:-**

1. Stir the water into the flour and salt until mixed through and put in the fridge for an hour or two, or overnight.

2. For the caramelised onions finely slice the onions into rings and cook in a frying pan with some

olive oil until soft. Then add the sugar and balsamic vinegar and stir until reduced. Set aside.

3. Slice your black pudding and frying in a little oil for a minute on each side, then set aside. I broke up the black pudding a little with the back of a wooden spoon so that I would have lots of little bites of pudding rather than full discs.

4. Pour a ladle of your crepe batter on to a lightly buttered frying pan over a medium high heat. Fry for a minute each side, when done set down on to your plate. Spread a small teaspoon of apple relish over the crepe, then a heaped tablespoon of caramelised onions, then break a few pieces of goats cheese and blackpudding over the top. Fold in a quarter, or just half if there's too much filling! Eat straight away.

[Courtesy of Clonakilty Blackpudding](#)

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