In Good Taste: Go French With Chef Frederic's Crepes Recipe: Ooh La La

Rob Seitz
Gazette Editor



John Knox Village Head Chef Frederic Delaire



French desert crepes filled with chocolate nut spread and bananas. Image source: Bigstock.

What started in 15th century France as a celebration every Feb. 2nd, Candlemas marked the presentation of Jesus at the Temple and the purification of the Virgin Mary, from which the crepe came to symbolize the round and golden Sun.

The tradition is to enjoy crepes that day. With time, making crepes on Feb. 2nd morphed into the entire month and soon the French, as well as the rest of the world, began enjoying the very thin sweet and savory pancake year-round.

Crepes can be made for a quick snack, birthday party or an entire meal. They are often served with a variety of fillings such as cheese, fruit, vegetables, and meats. Crepes can also be flambeed, such as in Crepes Suzette.

Here is a sweet quick and easy recipe from John Knox Village Executive Chef Frederic Delaire:

Crepes A La Chef Frederic

• 2 whole eggs

• 1¼ cup whole milk

• 1 cup all-purpose flour

• 4 tsp. sugar (Optional, if you want to use the mix for savory crepes, no need to add sugar)

• 4 tbsp. melted butter

• 1 tsp. vanilla extract or orange blossom

****I always add ¼ cup of beer, it makes the crepes lighter.***

For sweet crepes you can use:

• Nutella

• Nutella and banana

• Sugar

• Jam of your choice

• Dark chocolate

• Strawberries and whipped cream

For savory crepes you can use:

• Ham and Swiss cheese (you can even add an egg on top)

• Mushroom, spinach and cheese.

• Smoked salmon

Method Of Preparation:

In a bowl add the flour, add the eggs, and start mixing. Add milk and the butter until you get a mix of batter that is a bit thick, like Crème Anglaise (light custard sauce like). It cannot be as thick as pancake batter.

Add the vanilla, sugar and the beer, and keep mixing. If you have a hand blender, you can use it to make the batter smooth. After mixing thoroughly, the key is to let the batter rest. A few hours would be fine. Overnight in the fridge would be ideal.

To make the crepes use a nonstick pan between 8 to 12 inches in size. The pan cannot be too hot or too cold. Add a bit of oil to the bottom of the pan and pour in some batter. It needs to be a fine layer and the crepe will cook quickly.

Flip the crepe to cook the other side. Place the crepe on a plate, sprinkle sugar on it and roll it.

Save the extras for desserts later, or for breakfast in the morning.

JKV CFO Named Finalist Of The Year

Village's Financial Standing Is Strong, Thanks To Diligent Efforts

Kim Morgan-Vagnuolo
Gazette Contributor

For financial measures put in place at John Knox Village after the COVID-19 pandemic, as well as during construction and after completion of its $120 million Westlake apartment building project, Chief Financial Officer Doug Folsom was named one of 19 finalists by *South Florida Business Journal (SFBJ)* for CFO of the Year.

Now in its 17th year, the CFO Awards highlight the growing importance of financial executives: For their innovative leadership, contributions to the overall strategic business plan and impact on their company's bottom line, as the publication stated.

As was written in *SFBJ* the day after the May ceremony: "Their [CFO's] timeless role of overseeing finances and fiscal operations were heightened as companies sought to re-establish themselves through the [COVID-19] recovery. This year, as with the past several years, CFOs were central to that mission."

In the Nonprofit Organization Category, for which JKV was entered, Carlos G. Molina, CFO of United Way, Miami was named winner that evening.



Doug Folsom, finalist for CFO of the Year, (second from right) is shown at the South Florida Business Journal's recent ceremony with (left to right) Gail Sutton-Pauling, JKV VP of Hospitality, CEO Dr. Salvatore Barbera, Doug Folsom, and Doug's daughter Daniela Folsom. Photo by Joel Fistick South Florida Business Journal.

Doug Folsom's Nomination



JKV CFO Doug Folsom

JKV's Executive Team nominated the Boston native, who has been an employee of JKV since 2018, and CFO since 2023. He has been at the forefront of the growth and expansion of JKV while keeping a close eye on the Village's financial steadiness.

"The Continuing Care Retirement Community industry is facing a tough time with bond covenants," Mr. Folsom told the *Gazette*. "Here at John Knox Village, we have been fiscally stable and in no way pose any threat to violating bond covenants due to recent reorganization of operations with a focus on cost efficiency, while being mindful stewards of the residents' money in day-to-day operations."

In addition, 2024 is a milestone year for JKV with the aforementioned opening of the Westlake luxury building holding two towers with 147 state-of-the-art apartment homes. The move-ins started in February and Westlake will have 125 apartment homes occupied by July 15, a year ahead of schedule.

Doug Folsom's Career Experience

Mr. Folsom received his Bachelor of Business Administration degree, with a minor in Finance, from Northeastern University. His work history includes stints as Controller and General Manager at Marriott, Hilton and Sheraton hotels and Regional Director of Finance at Lifespace Continuing Care Retirement Communities in Delray Beach, FL.

He is fortunate in his career to have had several mentors who have taught him the importance of listening.

Philosophy Of Leadership

"It is about the team, not me, and to make sure they feel supported," he said. "When it gets tough, it's important to jump in and help any way you can. Stay present and don't vanish."

Mr. Folsom's number one tip for proteges is to not get stuck in the weeds. He advises: "Looking at situations from 30,000 feet above to get a sense of clarity and purpose."

If Mr. Folsom ever had the opportunity for a second career, he said it would involve work to benefit the ocean. "I'd become an Ocean Conservationist, as I love the water and all marine life," he said.