



Crepes Recipes for Dummies

SIMPLE & DELICIOUS IDEAS FOR CLASSIC DESSERTS

Crêpe is a type of very thin cooked pancake commonly made from wheat flour, eggs, milk, butter and a pinch of salt. The pancake itself, originated from Brittany, a region in the northwest of France. The word, Crepe is a derivative from the Latin *crispa*, meaning "curled". Other cultures have their own version of Crepes, including both sweet and savory but their use is similar, whether it be in a stack, in a wrap, baked, fried or folded.

Crepe Suzettes

The History of Crepes Suzette

Crepe Suzette is probably the most famous crepe dish in the world. In a restaurant, a crepe suzette is often prepared in a chafing dish in full view of the guests. They are served hot with a sauce of sugar, orange juice, and liqueur (usually Grand Marnier). Brandy is poured over the crepes and then lit. The dish was created out of a mistake made by a fourteen year-old assistant waiter Henri Charpentier (1880-1961) in 1895 at the Maitre at Monte Carlo's Café de Paris. He was preparing a dessert for the Prince of Wales, the future King Edward VII (1841-1910) of England. According to Henri Charpentier, in his own words from *Life A La Henri – Being The Memories of Henri Charpentier*:

"It was quite by accident as I worked in front of a chafing dish that the cordials caught fire. I thought I was ruined. The Prince and his friends were waiting. How could I begin all over? I tasted it. It was, I thought, the most delicious melody of sweet flavors I had every tasted. I still think so. That accident of the flame was precisely what was needed to bring all those various instruments into one harmony of taste . . . He ate the pancakes with a fork; but he used a spoon to capture the remaining syrup. He asked me the name of that which he had eaten with so much relish. I told him it was to be called Crepes Princesses. He recognized that the pancake controlled the gender and that this was a compliment designed for him; but he protested with mock ferocity that there was a lady present. She was alert and rose to her feet and holding her little shirt wide with her hands she made him a curtsy. 'Will you,' said His Majesty, 'change Crepes Princesses to Crepes Suzette?' Thus was born and baptized this confection, one taste of which, I really believe, would reform a cannibal into a civilized gentleman. The next day I received a present from the Prince, a jeweled ring, a panama hat and a cane."

THE RECIPE

1 medium orange, grated zest only
1 small lemon, grated rind and juice
1/4 cup sugar
3/4 cup orange juice (from 3-4 medium, fresh juice oranges)
1/4 cup Grand Marnier, Cointreau or Brandy
2oz (1/2 stick) unsalted butter
a little extra Grand Marnier, for flaming

A few hours before making the sauce, zest the rinds of one orange and one lemon, toss in the granulated sugar and reserve. To make the sauce and the resulting finished dish begin by using a 10" to 12" diameter fry pan and place on medium high heat. When the pan is hot, sprinkle the granulated sugar and zest mixture over the surface of the pan and allow to lightly brown (do not allow to burn). Next, add the orange juice and butter and lower heat to a simmer while the sugar dissolves into the liquids. When sugar is dissolved, remove pan from the heat, add the 1/4 cup of Grand Marnier liquor and return to the heat. When the mixture begins to bubble reduce to a low simmer and add the crepes, one at a time, while coating with the syrupy sauce. Fold each crepe in quarters and push each folded crepe off to the side of the pan before adding the next. When all of the crepes have been coated with the mixture, arrange them in the middle of the pan and return the heat to medium high. When sauce is once again bubbling, remove pan from the heat, add the *flambéing splash of Grand Marnier, return the pan to the heat and ignite. Shake the pan until the flames are extinguished and serve crepes with the sauce.

*An option while flambéing is to shake a fine powder of cinnamon over the flames which will send sparklers of flame and light up from the dish.



Other Delicious Crepe Creations

Crepes can be enjoyed in SO many delicious ways! Try one of these simple recipes and you'll re-discover crepes amazing culinary versatility. The taste is worth a thousand words.

BERRIES & CREAM

Gently toss 1 cup hulled and halved fresh strawberries with 1/2 cup raspberries, 1/4 cup blueberries 2 Tbsp sugar and 1/4 cup strawberry liquor or syrup. Allow the fruit mixture to marinate one hour in the refrigerator then strain off all resulting syrup and reserve while dividing berry mixture between 4 crepes, portioning mixture on the lower half of each. Place a generous half cup of sweetened whipped cream on top of the berries and fold over opposite half of crepe to cover berries and whipped cream like a turnover. Dust the top of each crepe with powdered sugar and drizzle the reserved berry syrup around the crepe. Garnish the filled crepe with a small dollop of sweetened whipped cream, toasted almonds and a chocolate syrup.

Nutella® with Bananas & Chocolate

Over each of the 4 crepes, spread 2 Tbsp of Nutella, a half banana, sliced in 1/4" slices, a generous 1/4 cup of vanilla pudding or softened cheesecake filling then complete filling with 2 Tbsp toasted almonds, walnuts or hazelnuts (chopped). Fold crepe in half and top dust lightly with cocoa, powdered sugar, a dollop of sweetened whipped cream and a generous drizzle of chocolate syrup.

Chocolate Mousse & Strawberries

Fill each of the 4 crepes with 1/3 cup of your favorite instant or scratch chocolate mousse, 1/3 cup fresh, hulled & sliced strawberries and 1/4 cup chocolate brownie pieces. Fold crepe and top with chocolate whipped cream, chocolate syrup and a scoop of your best vanilla ice cream.

Caramel & Apples

Peel, core and cut 2 large size Granny Smith Apples into quarters then 1/2" slices. In a medium size non-stick fry pan over medium high heat, add 2 Tbsp butter then apples. Sauté until apples are medium brown then reserve apples in a separate dish. Add to the pan 1/4 cup dark rum, 1 cup of unwrapped packaged caramels and a pinch of cinnamon. Simmer until the caramels dissolve into the rum and make a sauce. Add the apples back to the caramel sauce and stir to re-heat. Divide the apples between 4 crepes, saving the sauce for a topping. Fold crepes in half and top with vanilla ice cream, toasted nuts of your choice and the remaining sauce.

Crepe Fettuccini with Chocolate Meatballs

Fold 8 crepes in half and cut into fettuccini like noodles with a knife and place in a medium size mixing bowl. In a separate bowl, whisk together 4 ounces cream cheese, 1/3 cup powdered sugar, the juice of 1/2 lemon and 1/8th tsp vanilla until smooth then finally fold in 2 cups sweetened whipped cream to lighten. Add the cream cheese mixture to the fettuccini shaped crepe noodles and toss to coat. Divide fettuccine mixture between 4 plates and garnish with 2 to 3 chocolate truffles (meatball shapes) and a sprinkle of toasted nuts, toasted coconut or caramel sauce.

