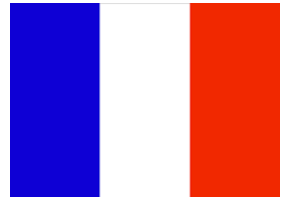


# French Normandy Crepes with Salted Butter Caramel



*Makes 15-20 crepes*

## Ingredients

- 250 g all purpose flour
- 1 pinch of salt
- 2 tsp melted butter (or 1 tbsp oil)
- 2 eggs
- 500ml milk (can also do 250ml milk + 250ml water)

## Instructions

- Break the eggs and whisk them
- In a large mixing bowl, add flour, salt and create a well in the center
- While whisking, add in half the milk to the flour mixture, then add the eggs,
- Add butter (or oil), stir to combine and gently add the rest of milk
- Rest the batter for at least 30min. Add some water if the consistency is too thick.
- Heat a lightly oiled pan over high heat first and then reduce to medium heat when the pan is very hot.
- Pour just enough batter to get a thin layer of batter in the pan. Do this by tilting the pan in a circular motion.
- Cook for 1-2 minutes each side until it's lightly brown.



## Apple Filling for Crepes

- 3-4 apples
- 10g unsalted butter
- 20g sugar (optional)
- Salted Butter Caramel



## Instructions

- Peel and core apples. Cut into 2 cm cubes.
- In a saucepan, add butter and cook until melted.
- Add the cubed apples into the pan under slow fire until they are softened. Depending on tartness of the apples, you can add some sugar to sweeten to taste.
- Add some salted butter caramel (\*see recipe on next page) to cover but reserve some for adding over crepes.

## Options:

- You can flambé the apples with alcohol such as Calvados, Cognac or Armagnac...by adding 5ml to the apples.
- you can seal the crepes with the filing to create a small purse, also called "Aumoniere" Put some caramel on a place before placing the Aumoniere and some almonds on top !

Cook: Geraldine Pelissier

Dessert, inexpensive, easy to prepare, vegetarian

## **Salted Butter Caramel (250g)**

- 80g white sugar
- 40g salted butter, keep in fridge until ready to use
- 150ml whipping cream, slightly warmed

### **Instructions**

1. In a sauce pan, add white sugar and cook over medium heat. Leave it to melt **WITHOUT** stirring. It will caramelize on its own. Just swirl the saucepan from time to time to make sure that all the sugar melts.
2. As the caramel becomes light brown, remove the saucepan from the heat, and add the cold butter. This helps the caramel to stop cooking. Stir and whisk. **\*\*Warning : you might get burnt with splashes, so be extra careful.**
3. Add the warm whipping cream and place saucepan back over low heat until sauce thickens to your liking.

