



Caramel and Orange Crepes Suzette

30'

Hands on

30'

Cook Time

4

Portion(s)

1

Difficulty



Method

Crêpes Suzette is one of the most favored French recipes, consisting of a crêpe with *beurre Suzette*, a sauce of caramelized sugar and butter, tangerine or orange juice, and served flambé with cognac or flavored liqueurs. They are amazing!

For the crepes

- Combine the egg, milk, flour, a pinch of sugar and a pinch of salt in a **bowl** .
- **Brush** a pan with some vegetable oil so the crepes won't stick to the pan. Place over low heat.
- Add 1/4 of the mixture to the **pan** and cook for 1 minute on each side.
- Continue in the same way with the remaining mixture to make all of the crepes.

For the caramel sauce

- Fillet the oranges. Keep the segments in a bowl along with the juices.
- In a pan, add the sugar, water and vanilla bean. Heat until the sugar melts and turns into caramel.
- Add the cognac, ouzo, anise and orange juice. Stir and then add the butter. Heat until the butter melts and is combined.
- In a large pan, spread the sauce on the bottom.
- Fold crepes and place over the sauce. Cook for 2-3 minutes, until they soak up all of the juices.
- Serve warm with orange segments and orange **zest** .

Ingredients

For crepes:

- pinch of sugar
- 125 g all-purpose flour
- pinch of salt
- 1 egg, lightly beaten
- 270 ml milk 3.5% fat
- vegetable oil, for pan

For caramel sauce:

- 1 teaspoon anise seeds
- 200 g granulated sugar
- 1 vanilla bean
- 30 ml ouzo
- 3 oranges and the grated zest from 1 orange
- 70 g butter
- 200 ml water
- 50 ml cognac

Διατροφικός πίνακας

Nutrition information per portion

505 Calories (kcal)	12.0 Total Fat (g)	6.9 Saturated Fat (g)	86.0 Total Carbs (g)
25%	17%	35%	33%
63.0 Sugars (g)	8.2 Protein (g)	2.7 Fibre (g)	0.26 Sodium (g)
70%	16%	11%	4%