



Cherries Crepe Souffle

 Vegetarian

READY IN



160 min.

SERVINGS



6

CALORIES



718 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups cherries pitted ripe
- ☐ 4 cups cherries pitted ripe
- ☐ 0.5 cup confectioners' sugar
- ☐ 1 tablespoon plus
- ☐ 2 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 juice of lemon juiced
- ☐ 7 tablespoons kirsch liqueur

- ☐ 0.3 cups sugar
- ☐ 1.3 cups sugar
- ☐ 16 tablespoons butter unsalted for cooking crepes at room temperature
- ☐ 4 cups water
- ☐ 1 cup milk whole

Equipment

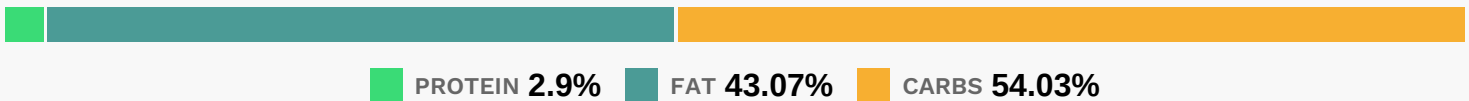
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ blender
- ☐ stove
- ☐ ice cream machine

Directions

- ☐ To make the crepes: In a small saucepan on medium-low heat, cook 1/2 stick of butter until it slightly brown. In a standing mixer, put in flour, eggs, egg yolk, milk and 3 tablespoons kirsch, beat well on medium speed until just combined. Strain mixture through a fine strainer.
- ☐ Add the brown butter to this mixture, combine well and leave it to rest in the refrigerator for 2 hours. In a preheated 8-inch skillet, brush with a little melted butter and pour in 1/4 cup of crepe batter. Swirl the skillet around and coat it well with batter and pour excess back into batter mixture. Cook crepes until lightly brown, about 1 to 2 minutes per side. Hold aside at room temperature
- ☐ To make the crepe filling: In a standing mixer, cream 1 stick of butter with confectioners sugar on medium speed until well combined.
- ☐ Add 2 tablespoons kirsch, mix for another 30 seconds.
- ☐ Transfer to a bowl and keep in refrigerator.
- ☐ In a medium skillet, melt remaining 1/2 stick of butter on medium heat and cook remaining 2 cups of cherries, coat well with butter.

- ☐ Add 1/4 cup sugar and cook, until slightly soft, about 2 to 5 minutes depending on cherry size. Then add 2 tablespoons of kirsch, remove the skillet from the stove top and ignite to flambe the cherries. Allow the flame to burn out the alcohol.
- ☐ Preheat oven to 170 degrees F.
- ☐ Spread each crepe with a tablespoon of crepe filling.
- ☐ Roll the crepe and sides in like a spring roll.
- ☐ Place 2 crepes in the middle of each serving plate, warm in oven for 5 minutes. To serve, garnish with some of the cooked cherries and a scoop of the Cherry Sorbet.
- ☐ In a medium saucepan, combine cherries with water and lemon, bring to a boil and simmer on low heat for 10 minutes.
- ☐ Add sugar, stir to dissolve and cook for another 15 minutes. Then add the corn syrup and allow to cool before pouring mixture into the ice cream machine. In the machine, bring mixture to soft to firm consistency and keep in freezer.

Nutrition Facts



Properties

Glycemic Index:55.2, Glycemic Load:46.13, Inflammation Score:-7, Nutrition Score:8.7934782505035%

Flavonoids

Cyanidin: 41.69mg, Cyanidin: 41.69mg, Cyanidin: 41.69mg, Cyanidin: 41.69mg Pelargonidin: 0.37mg, Pelargonidin: 0.37mg, Pelargonidin: 0.37mg, Pelargonidin: 0.37mg Peonidin: 2.07mg, Peonidin: 2.07mg, Peonidin: 2.07mg, Peonidin: 2.07mg Catechin: 6.02mg, Catechin: 6.02mg, Catechin: 6.02mg, Catechin: 6.02mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 6.9mg, Epicatechin: 6.9mg, Epicatechin: 6.9mg, Epicatechin: 6.9mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg

Nutrients (% of daily need)

Calories: 717.94kcal (35.9%), Fat: 33.64g (51.75%), Saturated Fat: 20.54g (128.4%), Carbohydrates: 94.92g (31.64%), Net Carbohydrates: 91.74g (33.36%), Sugar: 82.26g (91.4%), Cholesterol: 146.35mg (48.78%), Sodium: 33.55mg

(1.46%), Alcohol: 5.84g (100%), Alcohol %: 1.56% (100%), Protein: 5.1g (10.2%), Vitamin A: 1169.02IU (23.38%), Vitamin C: 10.63mg (12.88%), Fiber: 3.19g (12.75%), Vitamin B2: 0.21mg (12.25%), Selenium: 8.24µg (11.77%), Potassium: 397.8mg (11.37%), Phosphorus: 113.26mg (11.33%), Vitamin B1: 0.16mg (10.5%), Calcium: 91.75mg (9.18%), Manganese: 0.18mg (8.99%), Vitamin D: 1.31µg (8.76%), Folate: 34.48µg (8.62%), Vitamin E: 1.14mg (7.6%), Copper: 0.14mg (7.1%), Vitamin B5: 0.69mg (6.86%), Iron: 1.18mg (6.57%), Vitamin B12: 0.39µg (6.56%), Magnesium: 25.15mg (6.29%), Vitamin B6: 0.12mg (5.96%), Vitamin K: 5.7µg (5.43%), Vitamin B3: 0.89mg (4.46%), Zinc: 0.55mg (3.64%)