



Crêpes Suzette

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



837 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.5 cup ghee
- ☐ 0.8 cup cognac
- ☐ 3 large eggs
- ☐ 1.5 cup flour all-purpose
- ☐ 2 clove milk
- ☐ 1.5 cup orange juice freshly squeezed
- ☐ 3 tablespoon orange liqueur
- ☐ 8 tablespoon orange marmalade

- ☐ 1 orange zest
- ☐ 1 pinch salt
- ☐ 0.5 cup granulated sugar
- ☐ 3 tablespoon sugar plus more if serving this flambe
- ☐ 1 teaspoon vanilla

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ whisk

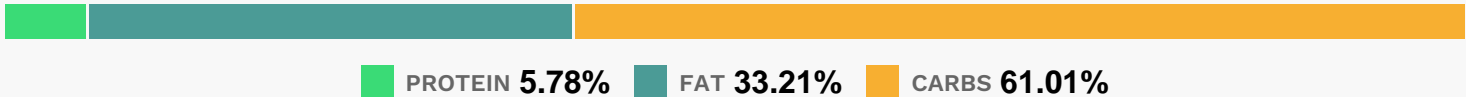
Directions

- ☐ Whisk together the flour and salt in a medium bowl.
- ☐ Whisk together the eggs and sugar in a large bowl until pale.
- ☐ Whisk in 1 ½ cups of the milk, 1 T orange liqueur, vanilla, and orange zest and flour until combined. If the mixture is too thick, add the remaining milk until a thin consistency is achieved. Cover and refrigerate batter for 30 minutes.
- ☐ Heat an 8-inch crepe pan or skillet over medium heat for about 1 minute. Cover the surface of the pan with clarified butter until it gets sizzling hot. Ladle some batter onto the middle of the crepe pan and immediately start swirling the pan to distribute the batter over the surface. Cook for 45 to 60 seconds or until lightly golden brown. Flip over and cook the other side for 20 seconds.
- ☐ Remove to a plate and repeat with the remaining batter. Sauce: In a large skillet over high heat, bring the orange juice to a boil.
- ☐ Add the sugar and zest, reduce the heat to a simmer, and cook until the sugar has melted and the mixture is slightly reduced, about 5 minutes.
- ☐ Remove from heat and add the remaining orange liqueur and orange sections. Set aside. Working in batches spoon about 1 tablespoon of marmalade onto the center of 1 crêpe, spreading it around to cover nearly the whole surface.
- ☐ Roll the crêpe into a cylinder and transfer it to a large warm serving platter. Repeat with remaining crêpes. Spoon on some of the orange sections and a good drizzle of the sauce. This

dish is often served flaming (flambe). To ignite (safely) sprinkle a bit of sugar over the crêpes, sauce and orange slices.

- ☐ Pour about ½ cup of cognac over the top of the crêpes, then pour another ¼ cup into a heat proof ladle. Using a match light the surface of the cognac in the ladle and drizzle it onto the crêpe platter, igniting it as well. Never pour directly from the bottle as it can be dangerous. Spoon the flaming liquid over and around the crêpes until the flame subsides.
- ☐ Serve 2 crêpes per person with the optional ice cream on the side. Top with optional vanilla ice cream and serve immediately.

Nutrition Facts



Properties

Glycemic Index:80.05, Glycemic Load:54.56, Inflammation Score:-7, Nutrition Score:15.110434743373%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 11.11mg, Hesperetin: 11.11mg, Hesperetin: 11.11mg, Hesperetin: 11.11mg Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 837.19kcal (41.86%), Fat: 26.76g (41.17%), Saturated Fat: 15.22g (95.11%), Carbohydrates: 110.62g (36.87%), Net Carbohydrates: 108.57g (39.48%), Sugar: 69.78g (77.54%), Cholesterol: 197.16mg (65.72%), Sodium: 89.72mg (3.9%), Alcohol: 18.3g (100%), Alcohol %: 6.93% (100%), Protein: 10.47g (20.95%), Vitamin C: 52.5mg (63.64%), Selenium: 28.01µg (40.02%), Folate: 135.81µg (33.95%), Vitamin B1: 0.48mg (31.72%), Vitamin B2: 0.45mg (26.75%), Manganese: 0.36mg (18.25%), Iron: 3.14mg (17.47%), Vitamin B3: 3.24mg (16.21%), Phosphorus: 145.96mg (14.6%), Vitamin B5: 0.98mg (9.8%), Copper: 0.19mg (9.56%), Potassium: 316.25mg (9.04%), Vitamin A: 426.71IU (8.53%), Fiber: 2.05g (8.2%), Vitamin B6: 0.14mg (6.77%), Magnesium: 27.02mg (6.76%), Zinc: 0.91mg (6.07%), Calcium: 59.47mg (5.95%), Vitamin B12: 0.34µg (5.61%), Vitamin D: 0.76µg (5.04%), Vitamin E: 0.49mg (3.27%)