

Crêpes Suzette



Ingredients:

- 1 x Classic Pancake Recipe
- 3 Tbsp Caster Sugar
- 250 ml Freshly Squeezed Orange Juice (2-3 Oranges)
- Zest 1 Orange
- 1 tsp Lemon Juice
- 1 Tbsp Grand Marnier Or Cointreau
- 50 g Unsalted Butter

Directions:

1. Sift the flour into a bowl, make a well in the centre and add half of the milk.
2. Gradually whisk in the flour to make a smooth batter. Whisk in the eggs, then stir in half of the remaining milk with the oil.
3. Cover and leave to stand for 1 hour. (At this stage the batter can be kept for 1-2 days in the refrigerator). Just before using, add enough of the remaining milk to give the batter the consistency of single cream. Heat a small heavy-based pan and brush with a little oil.
4. Add 2-3 tablespoons of batter and swirl to cover the base. Cook until browned underneath then turn over and cook the other side.
5. Turn out onto a plate. Repeat with the remaining mixture, stirring the batter before spooning it into the pan and rubbing the pan occasionally with oil.

To freeze: Stack the crêpes, separating them with freezer layering tissue. Place in a freezer bag or wrap in foil, seal, label and freeze.

To thaw: Leave in the refrigerator overnight or at room temperature for 2-3 hours, then unwrap. Single crêpes will thaw at room temperature in about 12 minutes.

Makes 24.

Nutrition Per Serving:
calories 451, protein 9g, carbs 51g, fat 22g, saturates 13g, fibre 1g, sugar 24g, salt 0.17g

Prep Time: 15 mins **Cooking Time:** 35 mins



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