

Caramelized apples Breton crepe, salted butter caramel and vanilla ice cream

Recette pour 8 crêpes

Description

Thin crepe, classic from Brittany, stuffed with caramelized apple slices and decorated with a drizzle of caramel and a scoop of vanilla ice cream for a nice temperature contrast.

L'idée déco

A very hot pan is necessary for the caramelization of your crepes, which gives them their special flavor and texture.

Ingrédients

For the crepes

- 200 Ml Milk
- 125 Gr Wheat flour
- 50 Gr Sugar
- 1 Unit(s) Egg
- 2 Ml Vanilla extract
- 2 Ml Orange blossom water

- Vegetable oil

For the apples

- 2 Unit(s) Cortland apple
- 15 Ml Butter
- 15 Ml Brown sugar
- 5 Ml Lemon juice

- Vegetable oil

For the caramel

- 125 Gr Sugar
- 125 Ml Cream 35%
- 25 Gr Salted butter
- 4 Scoop(s) Vanilla ice cream

- Vegetable oil

Préparations

Temps de préparation **30.00 mins**

Temps de repos ? **30.00 mins**

Mise en place

Peel, seed and cut the apples into thin slices.

Crepes preparation

In a large bowl, combine all ingredients and mix with a hand blender. Let the batter rest for 30 minutes. In nonstick skillet on high heat, drizzle some vegetable oil and pour a ladle of crepe batter to cover the surface of you hot pan cook 30 seconds on each side so that they get a golden brown coloration.

Caramelized apples preparation

In a hot skillet, place butter and caramelized the apple slices with brown sugar. Cook for 4-5 minutes.

Salted butter caramel

In a small saucepan, melt the sugar over medium heat with a little water without stirring. Once the sugar has completely melted, continue to cook without stirring until an amber color is obtained. At this point, lower the heat and add the salted butter and the cream in a drizzle while mixing. Cook 1-2 minutes until the texture gets homogeneous.

To serve

In each plate, place one or two crepes, garnish with a small amount of caramelized apples. Fold the crepe to cover the apples and drizzle with caramel. Garnish with a scoop of ice cream.

Bon appétit!