

Crêpe roll, maple custard, caramelised apples

Recette pour 4 personnes

Description Crêpe roll and stuffed with maple custard topped with caramelized diced apples.

L'idée déco If you want to avoid the resting time, use warm milk in the crêpe batter preparation. Moreover, once cooked, pancakes can be frozen and used for brunch over the weekend.

Ingrédients

For the crepe

- 125 Ml Milk
- 60 Gr Wheat flour
- 1 Unit(s) Egg
- 15 Gr Sugar
- 2 Ml Vanilla extract

- Olive oil
- Butter

For the mapple custard

- 250 Ml Milk
- 3 Unit(s) Egg yolk
- 50 Gr Maple sugar
- 30 Gr Wheat flour

- Olive oil
- Butter

For the caramelized apple

- 30 Gr Brown sugar
- 60 Ml Maple syrup
- 2 Unit(s) Cortland apple

- Olive oil
- Butter

Préparations

Temps de préparation **30 mins**

Temps de repos ? **60 mins**

General preparation

Peel and cut apples into small cubes.

Crêpe preparation

In a large bowl, combine all ingredients for the crepe batter and mix with a whisk until smooth. Let the dough rest for 1 hour. In a hot nonstick skillet, drizzled with vegetable oil, pour a little bit of batter to cover the bottom of your pan and cook 30 seconds on each side.

Maple custard preparation

Place the milk in a saucepan and bring to boil. In a cul-de-poule, blanch the egg yolks with the sugar maple, then add flour. Pour one-third of the hot milk gradually over the mixture, mix well and pour back into the saucepan. Cook over low heat and until the cream thickens, whisking constantly. Then transfer to shallow dish and cover with plastic wrap. Refrigerate.

Caramelized apple preparation

In a hot nonstick skillet, add a knob of butter and sauté the apple with brown sugar. Cook for 4-5 minutes in order to caramelize the apples.

To serve

Spread some pastry cream on each pancake. Then roll them before cutting into 2 wedge. Place the rolled pancakes on a plate on each other and then garnish with caramelized apples and maple syrup.

Bon appétit!