



CRÊPES SOUFFLE

INGREDIENTS

Makes around 6 to 8 souffle crepes

- For the ingredients to make the souffle mixture (pastry cream) head [here](#)
- To make the crepes head [here](#)

For the apples

- 3 apples cut in cubes or thin segments
- 40 g (1.41 oz) butter
- 1 tbsp white sugar
- 3 tbsp calvados
- 2 handfuls of toasted flaked almonds to garnish (optional)

Cooking time: Bake in a preheated oven at 200C (400F) for 8 minutes. Serve immediately.

PROCEDURE

1. Prepare the souffle mixture as per the Grand Marnier souffle instructions in the link above but substitute calvados for the Grand Marnier. Note: When assembling the souffle mixture, prior to adding the beaten egg whites to the pastry cream, stir in some of the caramelised apples as prepared in this recipe below and then fold in the egg whites. The more egg white folded in the fluffier the result. Less egg white will make the result denser and creamier.
2. Make the crepes as per the crepe batter recipe link above.

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PROCEDURE

3. To prepare the caramelised apples, melt the butter in a pan on medium heat and cook the apples for 2-3 minutes until coloured. Mix in the sugar, pour the calvados over and turn the heat to high. Ignite to flambee the apples with the exhaust fan turned off (note: add at least 1 tablespoon of caramelised apple per person to the souffle mixture).
4. Now reduce the heat to low and cook for a further 2 minutes until the apples caramelised.
5. Place a warm crepe onto a tray lined with baking paper and spoon on the desired quantity of souffle mixture.
6. Fold the crepe and bake in the oven for 8 minutes until the souffle has risen.
7. Open the oven and sprinkle icing sugar over the top of the crepe and bake for a further 2 minutes so that the ice sugar caramelises a little.
8. Transfer the crepe souffle to a plate and sprinkle some of the remaining caramelised apple over the top. Serve immediately garnished with toasted flaked almonds.