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Stuffed apple crêpes with marscapone cheese

Portions : 4

INGREDIENTS

Crêpe pastry

150 ml (2/3 cup) milk
1 whole egg
5 ml (1 tsp.) sugar
1 pinch of salt
60 ml (4 tblsp.) flour
15 ml (1 tblsp.) melted butter

Stuffing

60 ml (4 tblsp) unsalted butter
4 apples, peeled and cut into quarters.
60 g (4 tblsp) maple syrup
180 g (6 oz) marscapone cheese

In a bowl, mix together milk, eggs, sugar and salt. Add flour and whisk.

Put the mix through a fine strainer.

Let the pastry sit for 5 minutes in the refrigerator.

Add the melted butter.

Heat a crêpe pan. Using a ladle, pour enough batter to cover the bottom of the pan and make a thin crêpe. Cook 2 minutes each side.

Preheat oven at 160 °C (325 °F).

In a hot pan, heat the butter and gently cook the apple pieces.

About mid-way through cooking the apples, add the maple syrup. Let cool.

In each crêpe, deposit 15 ml (1 tblsp) marscapone and 4 to 5 apple quarters. Close each crêpe by folding it into 3.

Put stuffed crêpes on a cookie sheet and cook in the oven 5 minutes.

Serve with your favourite ice cream or with maple syrup.

This recipe was created by Pasquale Vari, chef de cuisine and professor at l'Institut de tourisme et d'hôtellerie du Québec. www.lepoulet.qc.ca.

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