



A four-course meal – Dessert

Soufflé Crepe

Dave Matthews – The Semaphore Pantry

23rd October 2011

INGREDIENTS

Crepes

2 eggs
100ml milk
30g melted butter

Filling

675ml milk
50g sugar
75g custard powder
75ml milk

Meringue

150ml egg whites
100g sugar

METHOD

Crepe

Whisk all ingredients together then strain
Rest for at least ½ hour

Meringue

Whisk egg white to a soft peak
Gradually add the sugar while whisking

Custard

Bring the milk to the boil (when boiling, meringue must be almost ready)
Make a liaison out of the sugar, custard powder and 100ml milk
Off the heat, stir the liaison into the boiling milk
Bring back to the boil and fold in the stiff meringue
Fold crepes into ¼'s put a spoon fill of mixture in 2¼ of the crepe
Arrange on a lined baking tray
Bake at 200c for 7-10 minutes
Dust with icing sugar

ASFM SHOPPING LIST

butter
eggs
milk

[B.-d Farm Paris Creek](#)
[Rosie's Free Range Eggs](#), [Rhode's Free Range Eggs](#)
[B.-d Farm Paris Creek](#), [Fleurieu Milk Company](#)