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Dessert Recipe: **Apple-Pineapple Crêpes Flambées**

With a little alcohol, fruit and a crêpe, this dish is perfect for everyone, and it takes just 30 minutes!!

Ingredients

For the Filling:

Apples
Pineapple
Sugar
Oil

For the Crêpes:

All-purpose flour (maida)
Oil
Sugar
Salt
Pinch baking powder
Soya milk (vanilla or plain)
Water

For the Flambée:

Sugar
Oil
Juice (orange or apple)
Cinnamon stick (optional)
30–40 ml rum or brandy
Mint leaves (optional)

Instructions

For the Filling:

- Peel the apples, and with the serration on the peeler give them a design. Cut them into medium-sized slices.
- Cut the pineapple into medium-sized slices and remove the core.
- In a non-stick pan, heat the sugar till it turns into a liquid (don't let it become too dark), and then add some oil.
- Put the apples and pineapple slices into the pan and remove them once they are brown, which will take around 3 minutes. (Don't let them cook too much; they should be *al dente*.)
- Once they're brown, put them in a bowl along with the sugar sauce.

For the Crêpes:

- In a food processor, add the all-purpose flour (maida), oil, sugar, salt, baking powder, soya milk and a little water and grind till the sugar dissolves.
- Pour the batter into a bowl and check the consistency – a vegan crêpe should be slightly thick.
- In a clean non-stick pan, add a little oil and pour the batter with a ladle, then tilt the pan in order to spread the batter evenly.
- Once the crêpe has cooked, it will start pulling away from the corner, so you can then slowly pull it up with your fingers and tongs, shape it into a triangle in the pan itself, let it get a little brown and then remove it from the pan.

For the Flambée:

- Add the sugar to the pan and let dissolve, add a little oil and immerse the fruits and the crêpes in the sauce and add a little juice and let them cook for a minute. (Add a cinnamon stick, too, if you wish.)
- Pour around the rum or brandy into the pan, light a match, set the alcohol on fire and take the pan off the stove. Once the fire dies out, your dish is ready.
- Add mint leaves for garnish if you wish.

Important Tips:

- The caramel (sugar syrup) should not turn too brown or it will give a bitter taste to the dish.
- Don't add more than 40 ml of alcohol, because it's unsafe to flambé with a lot of alcohol.

Recipe Source: **Original**