



Preparation time: 20 min

Resting time: 1 hour

Baking time: 30 min

### INGREDIENTS

<i>crêpes batter</i>	<i>Apples with salted butter caramel</i>
<ul style="list-style-type: none"><li>- 300ml milk</li><li>- 1 vanilla bean</li><li>- 30g butter</li><li>- 3 eggs</li><li>- 20g granulated sugar</li><li>- 125g flour</li></ul>	<ul style="list-style-type: none"><li>- 2 golden apples</li><li>- 270g granulated sugar</li><li>- 200ml whipping cream</li><li>- 50g salted butter</li><li>- 100ml water</li></ul>

### PREPARATION

<i>crêpes batter</i>	<i>Apples with salted butter caramel</i>
<ol style="list-style-type: none"><li>1/ In a saucepan, heat the milk with a vanilla pod and butter. Bring to a boil and turn off the heat. Infuse 10 min.</li><li>2/ In a bowl, mix the eggs with the sugar.</li><li>3/ Put the sifted flour.</li><li>4/ Put the warm milk infused.</li></ol> <p><b>PANCAKES REALIZATION</b> <u>Ask an adult to help you</u></p> <ol style="list-style-type: none"><li>1/ Heat a frying pan 24-28 cm in diameter. Grease it with a little butter. When the pan is hot, pour a large spoon of batter and cook 1 to 2 minutes per side.</li><li>2/ Stack the pancakes and cover with foil to prevent them from drying out.</li></ol>	<p><b>CARAMEL</b> <u>Ask an adult to help you</u></p> <ol style="list-style-type: none"><li>1/ Mix the sugar with the water in a saucepan and bring to a boil. Stir the pot occasionally. Let the caramel to a golden hue.</li><li>2/ When it becomes amber, remove from heat and carefully pour the cream: beware of possible projections.</li><li>3/ Add the salted butter into pieces, put the pan over medium heat, stirring with a wooden spoon for a minute and set aside.</li></ol> <p><b>APPLES</b> <u>Ask an adult to help you</u></p> <ol style="list-style-type: none"><li>1/ Cut the apples into cubes.</li><li>2/ In a frying pan, melt the butter and add the diced apples.</li><li>3/ Cook, stirring occasionally for 10 minutes and set aside.</li></ol>

### PLATE UP

- 1/ Fill the pancakes with apples in the center on which you pour the caramel.
- 2/ Close pancakes by combining edges with cocktail sticks.
- 3/ Serve with a scoop of vanilla ice cream.

“crêpes”  
surprises

–

crêpes filled  
with  
caramelized  
apples





- The word Candlemas comes from the word **candle**.
- But the party itself is a mixture of pagan and religious traditions.

### THE ORIGINS

- It is a **Christian holiday** that has its origin in the return of Mary in the temple after she gave birth to Jesus. She introduced her son to the purification forty days after his birth. This return is called "relevailles."
- For centuries this festival was symbolized by candles and pancakes. Since then, the candles have more or less disappeared but they are still pancakes.
- When the **pagan tradition**, it was a party given each year in honor of the dead (with candles and torches).
- Candlemas also refers to a Celtic tradition (in homage to the gods)

## CANDLEMAS

### QUIZZ

<i>Savoury Crepes</i>	<i>Sweet Crepes</i>
1/ Ham	1/ Sugar (with butter & lemon)
2/ Cheese	2/ Nutella
3/ Eggs	3/ Homemade chocolate
4/ Mushroom	4/ Jam
5/ Béchamel sauce with cheese/mushroom	5/ Chestnut Jam
6/ Cream	6/ Ice Cream
7/ Salmon	7/ Caramelized Fruits (apple, banana)
	8/ Whipped Cream

