

Food Museum Recipes

Rye Crêpes Suzette

This recipe makes light rye crêpes, generously doused in a buttery orange sauce and finished with a sprinkle of pistachios. A simple twist on a classic.

Ingredients

For the crêpes

- 70g plain flour
- 70g rye flour
- 200ml whole milk
- 2 eggs
- 30g unsalted butter, melted
- Extra butter, for greasing

For the orange sauce

- 4 oranges
- Zest of 1 orange
- Juice of 2–3 oranges (about 250–300ml)
- 50g unsalted butter
- 3 tbsp caster sugar
- 1 vanilla pod (split) or 1 tsp vanilla extract (optional)
- 1 tbsp spirit or liqueur (optional, if available)

To serve

- Pistachios, crushed



Method

1. In a large bowl, whisk together the plain flour and rye flour.
2. Add the eggs and milk, whisking until smooth and free of lumps.
3. Stir in the melted butter. Leave the batter to rest for 15–20 minutes if you have time.
4. Heat a non-stick frying pan over medium heat and lightly grease with butter.
5. Pour a small ladle of batter into the pan, swirling to coat the base thinly.
6. Cook for 1–2 minutes until the edges lift, then flip and cook for another 30–60 seconds.
7. Transfer to a plate and repeat until all the batter is used. Keep warm.
8. In a wide pan, melt the butter with the caster sugar over medium heat.
9. Add the orange zest and juice and simmer gently for 5–10 minutes, until slightly reduced.
10. Add the vanilla and the spirit or liqueur, if using, and warm through.
11. Fold the crêpes into quarters and place them into the sauce, turning gently to coat.
12. Warm through for a minute or two, spooning the sauce over the crêpes.
13. Serve immediately, finished with a sprinkle of crushed pistachios.

