



# Orange and Rum Crepe Cake

Recipe Gluten-free, dairy-free (casein-free) and hypotoxic

By: Cuisine l'Angélique

PORTIONS: 8

PRÉPARATION AND COOKING:

60 MINUTES

COOLING: 4 HRS

## INGREDIENTS

### Custard:

Recipe for [Orange and rum custard](#) (see in variations)

### Pancakes:

- 210 g (1 1/2 cups) all-purpose flour "[La Merveilleuse](#)"
- 2 eggs
- 375 g (1 1/2 cups) plant-based milk substitute
- 180 g (3/4 cup) water
- 85 g (1/3 cup) orange juice
- 22.5 ml (1 1/2 tbsp) orange zest
- 5 ml (1 tsp) vanilla extract
- 30 ml (2 tbsp) brown rum

### Chocolate ganache:

- 85 g (1/3 cup) plant-based milk substitute
- 140 g 70% dark chocolate
- 7.5 ml (1 1/2 tsps) orange zest (optional, only if you want an orange chocolate ganache)
- 30 ml (2 tbsp) margarine

## PREPARATION

### Custard:

1. Prepare the [orange and rum custard](#) and refrigerate. It must be completely cooled for the cake to be assembled.

### Crepes:

1. In a bowl, combine eggs, plant-based milk substitute, water, juice and orange zest. Beat vigorously with a whisk. Add flour and beat again to obtain a uniform texture. Let rest for five minutes.
2. Then add the vanilla and rum and whisk again until smooth.
3. In a skillet, preheated and brushed with oil, pour about 65 ml (1/4 cup) of the batter into the center of the pan and rotate for a nice thin, round pancake. The pancake will be ready to flip when the sides rise and it is golden underneath
4. Repeat the steps for cooking all the batter, which should give 15 thin crepes. If you use two skillets, you can do this step faster. Allow



*An out-of-the-ordinary dessert that will surprise and delight your guests!*

## NUTRITION FACTS

Per portion 270 Calories

|                      |      |
|----------------------|------|
| Fat: 12 g            | 18 % |
| Saturated 4,5 g      |      |
| Trans 0,1 g          | 23 % |
| Polyunsaturated: 2 g |      |
| Omega-6: 0,6 g       |      |
| Omega-3: 0,4 g       |      |
| Monounsaturated: 4 g |      |
| Cholesterol: 65 mg   |      |
| Sodium: 70 mg        | 3 %  |
| Carbohydrate: 35 g   | 12 % |
| Fibres: 3 g          | 12 % |
| Sugars: 11 g         |      |
| Protein: 7 g         |      |
| Vitamin A            | 8 %  |
| Vitamin C            | 8 %  |
| Calcium              | 15 % |
| Iron                 | 20 % |
| Magnesium            | 30 % |
| Manganese            | 60 % |
| Vitamin B12          | 35 % |

crepes to cool to room temperature before assembling.

**Setting up the cake:**

1. Place a crepe on a serving plate. Gently spread 22.5 ml (1 1/2 tablespoons) of custard on top. Place a crepe on top and repeat the same operation until all the pancakes have been used.
2. Do not put custard on the top crepe.

**Ganache:**

1. In a small saucepan, combine plant-based milk substitute, chocolate and, if desired, orange zest. Heat over low heat until chocolate is completely melted.
2. Remove from heat, add margarine and stir well.
3. Top the crepe with the ganache, letting it run down the sides. Store the rest of the ganache, which you can heat when serving the cake and use it to decorate your plates.

Refrigerate crepe cake until ready to serve.