Crêpe Meal Guide

When you order French crêpes for a meal, you can expect a versatile and delightful culinary experience. French crêpes come in two main categories: savory (salé) and sweet (sucré).

- **Savory Crêpes** (Crêpes Salées): Also known as galettes, these are usually made with buckwheat flour. They are filled with savory ingredients such as eggs, cheese, ham, and mushrooms. A popular filling is the complète, which includes ham, cheese, and an over-easy egg. Savory crêpes are often enjoyed as a main course or lunch option.

When ordering crêpes in a restaurant, you can expect them to be served open or with the sides only slightly folded, with the filling in the center. If you're dining at a sit-down restaurant, you can order individual crêpes or a combination of sweet and savory crêpes. If you're at a crêpe stand, they might be folded into a cone-like shape with the ingredients inside.

- **Sweet Crêpes** (Crêpes Suçrées): These are typically made with wheat flour and can be filled or topped with a variety of sweet ingredients. Common toppings include Nutella, chocolate sauce, caramel, sugar, lemon, and fresh berries. They are often served as a dessert or a sweet treat.

In France, crêpes are enjoyed year-round, but they are particularly celebrated on February 2nd during La Chandeleur, a holiday known for its crêpe consumption. This tradition involves flipping a crêpe while holding a coin in the other hand, symbolizing good fortune for the year ahead.

To order, you can choose from a variety of fillings or toppings depending on whether you prefer a sweet or savory crêpe. If you're unsure, you can ask the server for recommendations or opt for a combination of both types to experience the full range of flavors. It is traditional to order one galette then for dessert, one crêpe for dessert.

Critic of Crêpe Meals

- Can be high in fats: butter
- Not innovative but follows a specific formula developed for scores of decades
- Crêpes Suçrées can be very sugary and high in fat with whipped cream or ice cream
- Low in fiber
- Few vegetables

Cider

It is also traditional to order a bottle of cider with a meal of crepes.

In France, particularly in Normandy and Brittany, cidre bouché is a type of cider that comes in a bottle similar to champagne. This naturally sparkling cider undergoes secondary fermentation in the bottle, resulting in a bubbly texture. Higher quality cidre bouché is often sold in traditional champagne-style bottles with corks. In restaurants in Brittany, it is sometimes served in traditional ceramic bowls or wide cups rather than glasses, adding to its unique presentation and cultural significance.

Note that French cider is alcoholic, hard cider, but the alcohol content is that of beer. Two people can share a full bottle of cider and not feel the alcohol. Restaurants also serve non-alcoholic cider.

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