Bringing Back
Traditional Grains
to the Dinner Table

Recipe Book for
MILLET & SORGHUM
dishes & Snacks

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Starters
MILLET AND SORGHUM RECIPES

Below are recipes that were presented at the December 11 Cookery competition held at Golf Course Hotel on December 11, 2015. The recipes are divided in 3 sections.

1. Cream of millet soup (4 pax)

Ingredients
- 200g millet grains
- 1 medium size onion
- 1 Garlic clove
- 0.4g Celery
- 0.4g leek
- 30g butter
- 4 medium size Irish potatoes
- White pepper
- Salt

Method
i. Melt butter in a hot pan and add all the vegetables and fry excluding the millet grains.
ii. Add millet grains, fry and add 1½ liters of water
iii. Bring to boil, then simmer for approximately 15 minutes
iv. Correct the seasoning (Add salt and pepper)
v. Blend the mixture but don’t strain
vi. Reheat and serve Hot in a soup bowl with millet bread roll on the side.
2. Clear vegetable and Sorghum soup

**Ingredients**
- 50g steamed sorghum grains
- 1 piece red onion
- 1 teaspoon chopped celery
- 1 teaspoon chopped spring onion
- 10g diced green pepper
- 10g diced Irish potatoes
- 2 tsp light soy sauce
- 1 cup vegetable broth/water
- 1 tsp cooking oil

**Method**
1. Heat oil in a pan then add onions, celery and spring onions
2. Add the rest of the ingredients then add broth
3. Turn heat up to boil the soup then lower to simmer
4. Season with light soy sauce then serve
3. Sorghum, millet and Chicken soup
4. Garden Sorghum Salad

**Ingredients**
- 1 pc cucumber
- 1pc green pepper
- 1 pc carrot
- 1 cup steamed sorghum grains
- 2pc tomatoes diced
- 100g chopped mango
- ½ Avocado sliced
- Lettuce
- Vinaigrette dressing
- 1 pc Apple

**Method**
I. Cut all the vegetables into julienne
II. Arrange all the vegetables on a lettuce leaves bed and add vinaigrette dressing
III. Garnish with an apple swan
IV. Serve with bread rolls
5. Cabbage and Sorghum Salad in millet Shell

**Ingredients**
- ½ cabbage
- 2 tbsp Sorghum
- ½ Slice onion
- 50g butter
- ½ green apple
- ½ tsp Turmeric powder
- ¼ tsp salt
- A pinch black pepper

**Millet shell Ingredients**
- 1 cup millet flour
- ¼ cup whole wheat flour
- Pinch of salt
- 50ml water
6. **Avocado Salad with millet sticks (Crispy) served with 1000 island dressing**

**Ingredients**
- Avocado
- 100 island dressing
- Onions
- Tomatoes
- Vinegar
- Eggs
- Baking powder
- Baking Flour
- Millet flour

**Method**
1. Mix millet flour, Eggs, vinegar, baking powder, sugar and salt in one bowl and add water to make dough.
2. Roll the dough to make sticks and then cut in equal sizes then dip fry until crispy
3. Peel Avocado then cut into cubes, dice onions and tomatoes then sprinkle on the avocado.
4. Add 1000 island dressing
5. Pick a couple of millet sticks and arrange on top of the salad then Serve.
7. Millet and Sorghum mixed Bhajia

**Ingredients**
- 50g millet flour
- 200g sorghum flour
- 100g gram flour
- 20g corn starch
- 20g cumin powder
- 10g roasted sorghum
- Pinch of salt
- 20g carrots
- 20g Onions
- 10g green pepper
- Irish potatoes
- Baking powder
- 1tsp Coriander
- 300ml corn oil
- 500ml water

**Method**

i. Mix all the dry ingredients in a separate bowl then add water and mix to a paste

ii. Mix the vegetables separately and add into the flour mixture until evenly distributed

iii. Scoop with a tablespoon and fry in hot oil
8. Irish Potatoes with Millet, Sorghum and Cheese

Ingredients
- Irish
- Millet
- Sorghum
- Cheese
- Onions
- Salt
- Cooking Oil

Method
i. Wash the potatoes, cut in half with the skin on and make a hole
ii. Fry the Irish potatoes in hot oil until well-cooked then sprinkle salt on them.
iii. Prepare millet sorghum stiff porridge on the side and when ready, stuff in the Irish potato hole, add cheese and onion on top and serve
9. Sweet Sorghum muffin served with Mango and chocolate Sauce

**Ingredients**

- 175g castor sugar
- 175g melted unsalted butter
- 3 eggs beaten
- 175g sorghum flour
- 1 tsp baking powder
- 2 tsp sorghum grain toasted
- 1 tsp vanilla essence

**Method**

i. Heat up oven to 190°C put the cake cases into bun tins. In a bowl, mix all the cake ingredients and whisk using an electric whisk for about 1-2 minutes until evenly mixed.

ii. Put a heap of tablespoon of the cake mixture into the center of each paper case.

iii. Bake for 15 minutes or until Golden and well risen.

iv. Remove the cakes from the oven and cool on a wire rack.
10. **Spicy beef salad with sorghum grains salad with Thai dressing**

**Ingredients**
- 1 tsp lime juice
- 1 tbsp Brown sugar
- 1 tbsp Fish sauce
- 1 tbsp sesame oil
- 1 tbsp soy sauce
- 2 tbsp grated fresh ginger
- 680g lamb steak
- 8 pcs grape tomatoes
- 1 pc cucumber halved
- 1 pc long red chilli
- ½ bunch fresh mint
- ½ bunch fresh basil
- 55g toasted sorghum coarsely crushed

**Method**

i. Whisk together lime, sugar, fish sauce, sesame oil, soy sauce, ginger and garlic in a bowl.

ii. Place the steak in a glass transparent bowl, sprinkle half of the dressing. Cover with plastic wrap/cling film and place in the fridge for 15 minutes.

iii. Heat up the grill and cook steak for 2 – 3 minutes each side medium or until cooked to your preference. Transfer to a plate and cover with a foil.

iv. Sprinkle the remaining dressing (sorghum, cucumber, onion, chili, mint, coriander, basil, lime) and toss in a bowl and serve immediately.
11. Millet and Sorghum Samosas

**Ingredients**

- Millet
- Sorghum
- Ginger
- Peas
- Green chili
- Cumin seeds
- Fresh coriander leave
- Salt

**Method**

i. Mix sorghum and wheat flour together then add salty water to make dough. Knead until the dough is smooth.
ii. Put aside and allow standing for half an hour.
iii. Roll flat to a circular shape then cut into pie shape
iv. Make pockets and fill in the sorghum grains vegetable filling.
v. Fry in hot oil
12. **Millet Vegetable Sandwich**

**Ingredients**
- Millet
- Vegetables
- Carrots
- Onions
- Tomatoes
- Paprika
- Black pepper
- Mayonnaise
- Salt

**Method**
- i. Dice carrots in small slices then put aside
- ii. Cut all vegetables and mix with pre-boiled millet, mayonnaise and salt.
- iii. Layer it on a slice of bread and toast for 3 minutes then serve.

13. **Millet and Cardamons**

**Ingredients**
- 250g Unsalted butter
- 150g sugar
- 2 eggs
- 600g millet flour
- 1 tsp cinnamon
- 1 tsp cardamom powder
- 1 tsp Baking powder
14. **Sugar Free Millet Cake**

**Ingredients**
- 90 g unsalted butter
- 200g ripe banana
- 30ml fresh or whipping cream
- 1 egg
- Few drops of banana flavor
- 1 tsp Baking powder
- Cinnamon powder
- 100g millet flour

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15. **Rich Choc Millet Cake**

**Ingredients**
- 200g dark chocolate
- 250ml milk
- 6 eggs
- 200g unsalted butter
- 250g sugar
- 350g millet flour
- 2 tsp baking powder
16. Millet and Peanut Butter Cookies

Ingredients
- 80g butter unsalted
- 100g sugar crystals
- 1 egg with yolk and 1 egg white
- ½ tsp Vanilla essence
- 100g peanut butter
- 300g millet flour
17. Millet cream tartlets

Ingredients
- 100g Digestive biscuits
- 30g unsalted butter
- 100g sorghum flour
- 250g cream
- 100g millet flour
- 30g sugar crystals
- 25g Gelatin powder
- Cold
18. Guacamole with sorghum and millet crispy tortilla chips

Ingredients (4pax)
- 4 medium size ripe avocado mashed
- 4 ripe red tomatoes deseeded
- 4 medium size onions chopped
- 1 lemon squeezed
- A pinch of salt or more to taste
- 0.4g wheat flour
- 1 tea spoon of millet flour or more
- 1 tea spoon sorghum flour or more
- Water as needed as possible
- 400mls cooking oil
- Paper towels

Method
i. Wash and mash avocado in a clean container
ii. Add chopped onions, tomatoes, salt, and lemon juice then set aside.
iii. In another mixing bowl, add all the flour, salt and water as much as needed to make the Philly papers like for samosas.
iv. Divide it roll and flatten, fry or toss on a hot pan as you heat oil on high heat.
v. Cut into a shape of your choice and deep or shallow fry until crispy and serve with the mashed avocado mixture
19. **Roasted Sorghum, mango Chunks and honey in cucumber Case**

![Image of the dish](image-url)

**Ingredients**

- 1 large Mango
- 100g Sorghum
- 2 big Cucumbers
- A pinch of Cumin Powder
20. Sorghum Vegetable Roly poly

**Ingredients**
- 100g wheat flour
- 50g margarine
- ½ tsp lemon juice
- 1 egg
- 100gm minced meat
- 45gm pre-cooked sorghum grain
- Handful spinach leaves
- Handful fresh mushrooms
- 1 small green pepper
- 2 tbsp vegetable cooking oil
- 1 small carrot
- 1 small onion
- 1 garlic clove
- Parsley
- Seasonings (Turmeric, white pepper, curry powder, salt)

**Method**

i. Weigh all ingredients

ii. Lightly grease baking tray

iii. Heat oil in a pan on medium heat

iv. Add chopped vegetables and stir fry, then add cooked sorghum grains and continue stir frying.

v. Add seasoning to taste.

vi. Meanwhile, leave vegetables and sorghum to simmer in their own liquid for about 3 minutes, ensure that the filling does not overcook, set aside and allow it to cool.

vii. Sift flour and salt in a large mixing bowl, cut fat into cubes and drop into the sifted flour.

viii. Add lemon juice and most of the water and press the mixture gently together with a palette knife.

ix. When the whole is just bound together in a rough mass, turn it onto a lightly floured surface and press into a brick shape.

x. Press pastry gently into a long strip using a palette knife and rolling pin to straighten edges.

xi. Fold the strip in 3 and roll it out in gentle strokes to an oblong about 20cm by 15cm.

Spread the filling in the center of the pastry and roll the pastry to a “Swiss roll shape”.

xii. Place the roll in a baking tray and brush with egg.

xiii. Bake in hot oven for 15-20minutes
Main Courses
1. Chicken Orlando –

Traditional fusion of chicken and beef fillet pan seared and served with sorghum Panadols with sendiment sauce

**Ingredients**
- Steak fillet
- Chicken breast fillet
- Ginger
- Black pepper
- Garlic
- Light soy sauce
- Grape fruits
- Salt

**Method**

i. Mix all the ingredients in a bowl to make a dough, roll and make medium round shape then toast them on both sides to golden brown. The swelling makes the heat penetrate inside.

**Pancakes**
- Sorghum flour
- Eggs
- Salt/Sugar
- Baking Powder
- Baking flour
2. sorghum and millet kebabs served with sweet mashed potatoes

Ingredients (4 pax)
- 0.5g minced meat not frozen
- handful fresh coriander chopped
- 2 medium size onions chopped
- 2 leaks leaves chopped
- 1 tablespoon royco
- 1 teaspoon millet flour
- 1 teaspoon sorghum flour
- 1 tablespoon wheat flour
- A pinch of salt and black pepper to taste
- A drop of light soy sauce
- 1 clove of garlic
- 1 whole fresh egg
- 1 red bell pepper
- 200mls - 300mls of cooking oil
- 4 medium size sweet potatoes washed and peeled
- 1 chicken cube

Method
i. Put minced meat in a clean container and add all the ingredients except cooking oil.
ii. Mix well or toss, divide it into 12 or 16 balls.
iii. Roll them like fingers as you set the sweet potatoes on fire.
iv. Put water as much as required, when ready mash and set aside.
v. Divide it into four portions pan fry or grill the kebabs until done and plate or serve with a sauce of your choice.
3. Millet Croquettes Served as an Accompaniment

Ingredients
- ¼kg millet flour
- 200g bread crumps
- 3 Eggs
- 150g Baking flour
- Hot water
- Cumin Powder

Method
i. Mingle the millet flour with hot water to make a dough
ii. Add cumin powder for flavor
iii. Leave the dough to cool
iv. Using hands, scoop out balls from the millet dough and roll them out to form a finger shape
v. Pan – Anglaise i.e Pass the finger shaped Millet through Baking flour, Egg wash and finally bread crumps
vi. Deep fry till golden brown, then serve hot as an accompaniment
4. Sorghum and Vegetable Curry

Ingredients
- 2 pieces Zucchini
- 2 pieces Carrots
- Onions
- Garlic
- Ginger
- Curry powders (Tumeric, Dhana, jeera, Garam masala, Paprika)
- 200g Sorghum
- Salt
- 1 liter Milk
- Tomato Paste
- Coriander

Method
i. In a mixing bowl, add all mentioned ingredients together and mix to make a dough
ii. Scoop out balls and put them on to a greased baking oven tray
iii. Leave to prove for 10 minutes
iv. Baking in a pre-heated oven for 8-10 minutes
v. Serve with the millet soup
5. Steamed Sorghum Rice with Chicken Curry

Ingredients

- 100g rice
- 2 piece chicken cubes
- 60g steamed sorghum grains
- Ginger and Garlic paste
- 120g chicken breast
- 100g butter
- 200ml broth/water
- 1 piece carrot
- 1 piece baby marrow
- 1 tsp cumin
- 1 tsp curry powder
- ½ tsp garam masala
- 1 pc onion
- 1 tbsp turmeric powder
- 1 tsp coriander powder
- 20ml coconut milk
- 40ml cream
- 60ml milk
- 1 tbsp coriander chopped

Method

i. Steam rice on medium heat in 200ml of broth till water is fully drained
   set aside, cover and let stand for 15 – 20 minutes
ii. Add sorghum to rice and toss together, heat oil in a pan, add diced
    pieces of chicken and fry till meat is almost done
iii. Add garlic, ginger paste and all the powder spices
iv. Add coconut milk, cream and milk let it simmer
v. Season with chicken cube and add chopped coriander
vi. Serve with steamed vegetables and steamed sorghum rice
6. Millet Burger

**Ingredients**
- 60g steamed millet grains
- 30g mashed potatoes
- 1 tsp ginger garlic paste
- 1 cup bread crumbs
- 1 pc egg
- 100g baking flour

**Method**

i. Mix the millet grains, mashed potatoes and ginger garlic paste together

ii. Form a flat round patty, dust it with baking flour, coat with eggs then finally bread crumbs

iii. Fry the burger and place in between burger bun with lettuce, tomatoes and cucumber.

iv. Serve with chips and a side salad
7. Stuffed Zucchini with Millet Posho

**Ingredients (3 pax)**
- 2 cups millet flour
- 200mls water
- ¼ chopped onions
- 2 whole zucchini

**Method**

i. Hollow out each zucchini, working from both ends with a small melon-ball cutter or an apple corer, removing all seeds and leaving shells about 1/3 inch thick. Discard pulp and seeds.

ii. Fry onions until they turn golden brown and the set aside

iii. Bring water to a boil then add in millet flour step by step starting with a porridge consistency add in the onions and then continue adding flour until it gets hard.

iv. Let it cook on medium heat for about 5 minutes then remove from fire.

v. Scoop it out and stuff in the hollow zucchini, when fully stuffed, cut into 1 inch rings.

vi. Serve while still hot.
8. Millet bread Accompanied with wheat millet & sorghum Satay

**Ingredients**

- 200g millet flour
- 10g roasted sorghum
- 1 pc green pepper
- 2 pcs sliced onions
- 1 pc Julien Carrots
- 1 pc Zucchini
- 3 tsp peanut butter
- 500ml milk
- 1 bundle (small) coriander
- 3 tsp curry powder
- 2 tbsp Soy sauce
- 1 pinch salt
- 1ltr water
9. Grilled chicken fillet served with vegetable and sorghum rice medley.

**Ingredients (4 pax)**

- 2 large chicken fillet
- 3 shallots sliced
- 2 tbsp apple cider vinegar
- 1 tsp salt seasoning
- 1 tsp white pepper
- 1/3 cup olive oil
- 2 tbsp garlic
- 1/2 cup sorghum extra for garnish

**Method**

i. In a medium size mixing bowl, mix shallots, vinegar, lemon juice, salt, pepper, olive oil, garlic and sorghum.

ii. In a large plastic, add chicken fillet with sauce. Place in refrigerator for at least 15 minutes to marinate.

iii. Place marinated chicken onto a hot grill. Cover and grill for 5 minutes then turn, sprinkling a bit of sorghum each time you rotate. Continue cooking covered, rotating and sprinkling sorghum until cooked to a deep golden color.
10. **Sorghum Noodles ALA Chef served with grilled lamb, mint sauce and seasonal vegetables**

![Sorghum Noodles ALA Chef](image)

**Ingredients**

- 250g sorghum flour
- 150g baking flour
- 1 egg white
- 50ml cooking oil
- A pinch of salt
- 75g mushrooms
- 75g green pepper
- 50g mixed herbs
11. **Fillet chicken breast Coated with sorghum, millet served with sorghum millet sauce**

![Image of fillet chicken breast]

**Ingredients**

- Chicken fillet
- Black pepper
- Ginger
- Garlic Royco
- Sorghum
- Millet
- Chicken cubes
- Cream
- Eggs

**Method**

i. Cut the chicken breast into slices, season with salt, pepper, ginger, garlic, royco and first slice before coating

ii. Make a paste from sorghum, millet, royco and water then dip the chicken pieces in the paste then fry and serve

iii. Make your sauce with sorghum, millet and boil then add some chicken cubes, cream, milk and some little salt and pepper. Mix well until ready. Add in a boiled egg on one side and serve.
1. Millet Mallow served on Custard Cream bed

**Ingredients**
- Ground millet
- Milk
- Sugar
- Vanilla Essence
- Custard powder
- Mint Gelatin

**Method**

i. Boil water and mix with millet flour to make a porridge, and add sugar then put aside

ii. Boil milk then add in sugar and vanilla essence put aside to cool, mix gelatin

iii. Make custard sauce not too thick, also put aside to cool after mix gelatin

iv. Get a cubicle glass and pour substance 1,2 &3 at a time and allow to freeze in a freezer after 4 minutes
2. Creamy millet pudding

**Ingredients**
- 2 canned coconut milk
- 0.4g sugar or sweetener
- 1 teaspoon pure vanilla extract
- ½ teaspoon cinnamon powder
- ¼ teaspoon sea salt
- 1 tablespoon of almonds crushed or chopped
- 0.6g millet flour

**Method**
i. Add the millet to a medium size pot with a lid and toast it over medium heat, stirring occasionally or frequently until the millet starts popping. The goal is light toast, so be careful not to burn it.
ii. Add remaining ingredients and stir to combine.
iii. Cover the pot and bring to a boil.
iv. Reduce the heat to low and simmer for 20 to 25 minutes stirring occasionally until the millet is cooked through.
v. Serve with a sprinkle of chopped almonds.
3. Millet pancakes topped with tropical fruits

**Ingredients**

- 150g millet flour
- 100g self-raising
- 2tbsp sugar
- 300ml milk
- 2 eggs
- 2 tbsp melted butter

**Tropical fruits**

- Cubed orange, red apples, cubed red grapes
- 50ml whipped cream
- 2tbsp melted chocolate garnished with orange peel
4. **Millet Pancake with lemon syrup sauce**

**Ingredients**
- 200g Millet flour
- 2pcs eggs
- 100gms sugar
- 150g butter
- 2 tbsp lemon juice
- 1 tsp lemonade juice
- 250ml milk
- 1 tsp baking powder
- 2 tsp vanilla essence
- 100ml corn oil

**Method**

i. Whisk together Milk, eggs, sugar, lemon juice, vanilla essence and add millet flour, baking powder then pan fry.
5. Banana and Jackfruit fritters coated with millet sauce

**Ingredients**
- 2 pcs yellow bananas
- 3 pcs jack fruit
- 100g millet flour
- 300ml cooking oil
- 1 egg
- 20g millet grain
- 1 egg yolk

**Method**

i. Prepare millet sauce by mixing millet flour with water and put on fire and bring to a boil. Remove from fire put aside, let it cool down.

ii. Place cooking on a pan on medium heat, meanwhile, peel the bananas.

iii. On a separate bowl, break 1 egg and whisk well. Dip in the bananas and fry in the hot oil.

iv. Serve the bananas and jackfruit, pour in the millet sauce and sprinkle millet grains for garnish.
6. African Kalo Pan cake (Banana, Salt and Honey blend variety)

**Ingredients**
- Millet flour
- 6 Eggs
- 3 cups milk
- 200ml cooking oil
- 4 teaspoons salt
- 4 tablespoons sugar
- 2 fingers yellow ripe banana

**Method**
1. Put 1 cup of Millet flour into a mixing bowl.
2. Add 2 eggs
3. Add 1 tablespoon of sugar for the sweet type or 1/2 a teaspoon of salt for the salt type and 1 or 2 banana peeled and blended for a banana type.
4. Add 1 cup of milk and stir to make a creamy mixture.
5. Put 1 teaspoon of cooking oil onto a frying pan.
6. Heat the frying pan on a stove.
7. Pour the desired amount of the mixture on the frying pan.
8. Immediately tilt the frying pan to both sides to cover the frying pan.
9. Cook for 1 minute until the sides of the pan cake turn golden brown.
10. Turn the pan cake for other side to cook for approximately 10 seconds.
11. The African Kalo Pan cake is ready to be served!
7. Millet Victoria Sponge Cake

**Ingredients**

- ½ cup all-purpose flour
- ½ cup millet flour
- 1 ½ teaspoons baking powder
- 1 cup butter, softened
- 1 cup confectioners’ sugar
- 2 eggs, room temperature
- 1 teaspoon vanilla extract
- ½ cup milk, room temperature

**Method**

i. Preheat oven to 200° C. Grease an 8-inch spring form pan.

ii. Sift the flours and baking powder into a medium bowl and set aside.

iii. Beat butter and sugar with an electric mixer until light and fluffy. The mixture should be noticeably lighter in color. Add room-temperature eggs one at a time, allowing each egg to blend into butter mixture before adding the next. Beat in vanilla. Pour in the flour mixture alternately with the milk, mixing until just incorporated. Pour batter into prepared pan.

iv. Bake in the preheated oven until a toothpick inserted in the center comes out clean, about 20 minutes. Cool the cake in the pan for 10 minutes, then turn the cake out onto a wire rack to cool completely.

v. This cake can be served as is, just dusted with confectioners’ sugar or with cream and grapes.
8. Vanilla Millet Fritters served in whipped cream

**Ingredients**
- Millet grains
- 3 fingers yellow ripe bananas
- Whipped cream
- Vegetable oil
- Vanilla Essence
- Milk

**Method**
I. Warm milk then add in vanilla essence. Whisk whip cream and allow to settle
II. Peel the ripe bananas then slice them into half vertically, sprinkle with millet grains then fry in hot oil for about 5 minutes or until turns slightly golden brown.
III. Remove from oil and drain any excess oil.
IV. To Serve; In a dip small bowl, pour in the milk and whipping crème, then add in the bananas.
9. Crepe Suzette

**Ingredients**
- 1 cup millet flour
- ½ cups all-purpose flour
- Pinch salt
- 3 eggs
- ½ cup sugar
- 2 cups milk
- 1 tablespoon orange liqueur
- 1 teaspoon vanilla extract
- 1 tablespoon orange zest
- ½ cup clarified butter

**Sauce:**
- 1 ½ cups freshly squeezed orange juice
- 2 tablespoons sugar
- 2 teaspoons grated orange zest
- 2 tablespoons orange liqueur
- 3 oranges, peeled and sectioned

**Method**

i. Whisk together the flour and salt in a medium bowl. Whisk together the eggs and sugar in a large bowl until pale.

ii. Whisk in 1 1/2 cups of the milk, orange liqueur, vanilla, and orange zest and flour until combined. If the mixture is too thick, add the remaining milk until a thin consistency is achieved. Cover and refrigerate batter for 30 minutes.

iii. Heat an 8-inch crepe pan or skillet over medium heat for about 1 minute. Cover the surface of the pan with clarified butter until it gets sizzling hot. Ladle some batter onto the middle of the crepe pan and immediately start swirling the pan to distribute the batter over the surface.

iv. Cook for 45 to 60 seconds or until lightly golden brown. Flip over and cook the other side for 20 seconds. Remove to a plate and repeat with the remaining batter.

**Sauce Preparation**

i. In a large skillet over high heat, bring the orange juice to a boil. Add the sugar and zest, reduce the heat to a simmer, and cook until the sugar has melted and the mixture is slightly reduced, about 5 minutes.

ii. Remove from heat and add the orange liqueur and orange sections. Set aside.

iii. Working in batches, gently place a crepe into the pan holding the orange juice and orange sections. Leave for 1 minute to absorb some juice. Using a narrow spatula, remove the crepe to a warm serving plate.

iv. Repeat with remaining crepes. Fold the crepes into quarters. Top with chocolate sauce and serve immediately.