

CLAFOUTIS



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This classic French dessert is elegant yet easy to prepare. With a custard-like texture and just the right amount of sweetness, it's ideal for brunch or as a light dessert!

Ingredients

For the clafoutis batter:

- ½ cup (125 mL) all-purpose flour
- ¼ tsp (1.25 mL) salt
- 3 large eggs
- ¼ cup (60 mL) sugar
- 1 cup (250 mL) 2 % milk
- 1 tsp (5 mL) vanilla extract
- Zest of one lemon
- 1 cup (250 mL) fresh mixed berries (raspberries, strawberries, blackberries, blueberries, or cherries)

For the garnish:

- 1 tbsp (15 mL) icing sugar

Preparation

1. Preheat oven to 350°F (180°C).
2. Butter a 9.5-inch round tart dish; set aside.
3. In a small mixing bowl, combine the flour and salt; set aside.
4. In a medium bowl, whisk the eggs and sugar together until well blended (about one minute).
5. Add the milk, vanilla extract, and lemon zest. Blend until fully combined.
6. To avoid any clumps in the batter, use a sieve to slowly add the dry ingredients to the egg mixture.
7. Continue to whisk until the batter is smooth.
8. Pour the batter into the buttered dish and top evenly with the fruit.
9. Bake in the oven for 30 to 35 minutes, or until the clafoutis has set, has a nice golden colour around the edges, and a toothpick inserted in the middle comes out clean.
10. Remove from the oven and let cool on a rack for a few minutes.
11. Before serving, dust the clafoutis with icing sugar.
12. Bon appétit!

Notes

- Leftovers can be covered and stored in the refrigerator for up to three days. The clafoutis can be eaten cold or warmed up. To reheat, wrap the clafoutis in foil and bake in the oven at 350°F-(180°C) for five to seven minutes, or warm up a slice in the microwave for about 15 seconds.
- For a richer clafoutis, the milk can be substituted for half & half 10% cream.
- Don't worry if the edges of the clafoutis rise and puff up while baking. This is normal and it will deflate once removed from the oven.
- Clafoutis is traditionally made with cherries, but it is so versatile and can be made with any fruit of your choice.