

CLAFOUTIS

Prep: 10 minutes | Cook: 40 minutes | Yield: 4-6 servings

INGREDIENTS

3 large chicken eggs
50 g (¼ c) granulated sugar + 1½ teaspoons for baking dish
300 ml whole or 2 percent milk
60 g (½ c) all-purpose flour
30 g (¼ c) cornstarch
2-3 large peaches (approx 300 grams, you can also substitute other fruit)
1 tsp vanilla extract
Pinch of salt
Butter for pan
Icing sugar for sprinkling

METHOD

Preheat your oven to 350°F. Lightly butter a medium-size baking dish at least 1½ inches deep and sprinkle it with 1½ teaspoons of granulated sugar which helps to create a caramelized crust on the bottom.

Cut the peaches into thin slices. While peeling is optional, it can enhance the texture and appearance of the dessert. If you prefer to keep the peel, make sure the peaches are well-washed. You can add the fruit before you add the batter or after; with peaches, we like to arrange them before, and with Saskatoons we like to add them after since they move around more.

In a medium bowl, whisk together the eggs and sugar until blended and add one-third of the milk. Mix the flour and cornstarch together and slowly sift the dry ingredients into the egg mixture. Add the rest of the milk, the vanilla, the pinch of salt, and give the bowl one final stir. Pour the batter into the baking dish, being careful not to disturb the fruit too much, and bake for 35-40 minutes until the clafoutis is puffed and golden. It will deflate slightly once you take it out of the oven.

Clafoutis is traditionally served immediately and sprinkled with icing sugar. Serving it with lightly whipped cream is also a delicious option. You can also serve it at room temperature. We've made Saskatoon and also raspberry clafoutis with delicious results – and cherries are the traditional French choice – so try it whatever seasonal fruit you like. Just be careful not to overfill your dish with fruit or it won't puff up properly in the oven.

Enjoy!



Recipe written and photographed by Chatsworth Farm