



Basic Clafoutis

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



290 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 3 eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup milk whole

Equipment

- ☐ bowl


- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ pot
- ☐ pie form

Directions

- ☐ Preheat the oven to 325°F. In a large bowl, whisk together the milk, eggs, sugar, vanilla, and butter until the sugar is dissolved.
- ☐ Add the flour and whisk until smooth.
- ☐ Pour the batter into a cast iron skillet or pie pan.
- ☐ Now add your favorite fruit or flavoring (see below).
- ☐ Bake until the clafoutis is beautifully puffed and golden, 35–40 minutes.
- ☐ Serve immediately.
- ☐ Clafoutis Variations: Concord Grape Clafoutis: Once the batter is in the skillet, scatter 2 cups slightly crushed Concord or other black or red grapes on top. Cherry Clafoutis: Scatter 2 cups pitted cherries onto the batter once it's poured into pie plates. Pear Clafoutis with Pear Eau de Vie: Core 1 ripe pear and cut into pieces.
- ☐ Pour the batter into the skillet and top with the pear pieces.
- ☐ Bake.
- ☐ Drizzle with 2 tablespoons eau de vie and serve immediately. Milk Chocolate and Hazelnut Clafoutis: Melt 1 cup chopped milk chocolate in a large mixing bowl set above a simmering pot of water. Fold in the clafoutis batter until smooth and fully incorporated.
- ☐ Pour into a skillet or pie plate, sprinkle with 1/4 cup coarsely chopped hazelnuts, and bake.
- ☐ Reprinted with permission from Cooking From the Heart: My Favorite Lessons Learned Along the Way by John Besh. Copyright © 2013 John Besh. Published by Andrews McMeel Publishing.

Nutrition Facts



 **PROTEIN 10.79%**  **FAT 34.08%**  **CARBS 55.13%**

Properties

Glycemic Index:58.27, Glycemic Load:27.16, Inflammation Score:-3, Nutrition Score:7.4739131098208%

Nutrients (% of daily need)

Calories: 289.98kcal (14.5%), Fat: 11g (16.92%), Saturated Fat: 5.79g (36.19%), Carbohydrates: 40.04g (13.35%), Net Carbohydrates: 39.62g (14.41%), Sugar: 28.18g (31.31%), Cholesterol: 145.13mg (48.38%), Sodium: 115.7mg (5.03%), Alcohol: 0.34g (100%), Alcohol %: 0.31% (100%), Protein: 7.83g (15.67%), Selenium: 16.81µg (24.01%), Vitamin B2: 0.32mg (18.84%), Phosphorus: 145.57mg (14.56%), Vitamin B1: 0.17mg (11.37%), Folate: 44.31µg (11.08%), Vitamin B12: 0.63µg (10.58%), Calcium: 97.89mg (9.79%), Vitamin A: 451.95IU (9.04%), Vitamin D: 1.33µg (8.87%), Vitamin B5: 0.81mg (8.1%), Iron: 1.32mg (7.32%), Manganese: 0.12mg (6.08%), Zinc: 0.8mg (5.3%), Vitamin B3: 1.02mg (5.09%), Vitamin B6: 0.1mg (5.03%), Potassium: 157.42mg (4.5%), Magnesium: 14.98mg (3.74%), Vitamin E: 0.55mg (3.66%), Copper: 0.05mg (2.47%), Fiber: 0.42g (1.69%)