



Dessert Pancakes with Custard and Berries

READY IN



45 min.

SERVINGS



8

CALORIES



402 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup flour
- 1 cinnamon sticks
- 0.3 cup cornstarch
- 2 large egg yolk
- 3 large eggs
- 1 optional: lemon
- 8 servings olive oil (for brushing)
- 2.5 tablespoons pernod
- 8 servings raspberries fresh (for garnish)

- 0.5 teaspoon salt (scant)
- 0.7 cup sugar
- 8 servings whipped cream
- 1.8 cups milk whole

Equipment

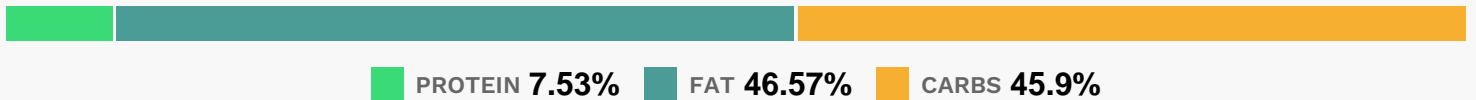
- bowl
- frying pan
- sauce pan
- baking paper
- oven
- whisk
- aluminum foil
- peeler

Directions

- Using vegetable peeler, remove peel from lemon in long strips (yellow part only).
- Combine half of lemon peel (reserve other half for another use), 1 1/2 cups milk, sugar, and cinnamon in large saucepan. Bring to boil; cover and remove from heat.
- Let steep 15 minutes.
- Whisk remaining 1/2 cup milk, cornstarch, and egg yolks in medium bowl to blend. Bring lemon-milk mixture to simmer. Gradually whisk yolk mixture into lemon-milk mixture. Cook over medium heat until mixture boils and thickens, stirring constantly (custard will be very thick). Strain into medium bowl. Press plastic wrap directly onto surface of custard and refrigerate. DO AHEAD: Can be made 2 days ahead. Keep refrigerated.
- Whisk eggs in large bowl to blend.
- Whisk in milk, Pernod, and salt.
- Add flour and whisk batter to blend well.
- Let batter rest 1 hour.
- Heat 10-inch-diameter skillet with 8-inch-diameter bottom over medium-high heat.

- Brush skillet with oil.
- Add scant 1/4cup batter to skillet and quickly swirl batterto thinly coat bottom of skillet. Cook untilgolden brown on bottom, adjusting heatfor even browning, about 1 1/2 minutes. Flippancake over and cook until just cookedthrough and golden brown in spots, about30 seconds longer.
- Transfer to parchment–paper–lined plate. Repeat with remainingbatter, placing parchment paper betweeneach pancake. DO AHEAD: Can be made 1 dayahead. Cover with foil and refrigerate.
- Preheat oven to 300°F.
- Place coveredpancakes in oven until warm, about10 minutes. Fold pancakes in half, thenin half again, forming triangle.
- Place2 pancakes on each plate. Spoon dollop ofcustard and dollop of whipped cream atoppancakes.
- Garnish pancakes with freshraspberries and serve.
- Pressing plastic wrapdirectly onto the surface of the custardprevents a skin from forming as the mixture cools in the refrigerator.
- Bon Appétit

Nutrition Facts



Properties

Glycemic Index:36.82, Glycemic Load:22.69, Inflammation Score:-5, Nutrition Score:12.399130448051%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg,

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Nutrients (% of daily need)

Calories: 401.59kcal (20.08%), Fat: 20.6g (31.69%), Saturated Fat: 4.79g (29.94%), Carbohydrates: 45.67g (15.22%), Net Carbohydrates: 40.69g (14.8%), Sugar: 22.82g (25.35%), Cholesterol: 126.61mg (42.21%), Sodium: 196.97mg (8.56%), Alcohol: 1.78g (100%), Alcohol %: 1.06% (100%), Protein: 7.49g (14.99%), Manganese: 0.6mg (30.18%), Vitamin C: 22.89mg (27.75%), Selenium: 14.97µg (21.38%), Fiber: 4.98g (19.92%), Vitamin E: 2.95mg (19.66%), Vitamin B2: 0.29mg (17.17%), Phosphorus: 150.54mg (15.05%), Folate: 57.9µg (14.48%), Vitamin K: 13.65µg (13%), Vitamin B1: 0.19mg (12.98%), Calcium: 113.43mg (11.34%), Iron: 1.82mg (10.1%), Vitamin B12: 0.56µg (9.26%), Vitamin B5: 0.93mg (9.25%), Vitamin D: 1.22µg (8.1%), Potassium: 247.98mg (7.09%), Magnesium: 27.67mg (6.92%), Vitamin B3: 1.38mg (6.88%), Vitamin B6: 0.13mg (6.66%), Zinc: 0.97mg (6.44%), Vitamin A: 314.16IU (6.28%), Copper: 0.11mg (5.29%)