

Clafoutis

Clafoutis is a traditional French dessert originating from the Limousin region. It is a baked custard-like dish made with fresh fruit, typically cherries, plums, or peaches, and a simple batter of eggs, sugar, flour, and milk. The fruit is arranged at the bottom of a baking dish, and the batter is poured over it. During baking, the mixture puffs and sets, creating a light, airy, and slightly crispy exterior, while the fruit remains tender and flavorful.

Origin

Clafoutis has its roots in rural France, particularly in the southwest region of Limousin, where it was a humble peasant dessert. The name "clafoutis" is believed to come from the Occitan language, meaning "to batter" or "to thrash," likely referring to the way the fruit is tossed with the batter before baking. Over time, the dish gained popularity throughout France and evolved to incorporate various fruits and flavors.

Flexibility

One of the defining characteristics of clafoutis is its flexibility. While traditional recipes often feature cherries, other fruits such as plums, peaches, apricots, and even berries can be used. The batter remains consistent, allowing for experimentation with different flavor combinations and seasonal fruits. Additionally, clafoutis can be served warm or at room temperature, making it a versatile dessert for various occasions, from casual gatherings to special events. Its simplicity and adaptability have contributed to its enduring popularity in French cuisine.

Ingredients

- 1 tablespoon unsalted butter
- 12 ounces fresh fruit, such as cherries, berries, or stone fruit
- 1 cup whole milk
- 1/2 cup granulated sugar
- 3 large eggs
- 1 teaspoon vanilla extract
- 1/2 cup all-purpose flour
- 1 teaspoon fine salt
- Powdered sugar, for serving (optional)

Equipment

- Measuring cups and spoons
 - 10-inch cast iron skillet
 - Cherry pitter (optional)
 - Blender
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Instructions



Heat the oven and butter the pan Arrange a rack in the middle of the oven and heat to 400°F Coat a 10-inch cast iron skillet with the butter and set aside

1. Prepare the fruit: Remove the stems and pit the cherries. Pitted cherries can go in whole or halved, raspberries whole, fresh figs and strawberries halved as well. Other stone fruit like peaches and apricots should be pitted and thinly sliced; set aside.
2. Blend the wet ingredients: Combine the milk, sugar, eggs, and vanilla in a blender or food processor fitted with the blade attachment and process until the batter is smooth, about 20 seconds.
3. Pulse in the dry ingredients: Add the flour, zest, and salt and pulse until just incorporated, 5 to 7 pulses.
4. Add the batter to the pan: Pour the batter into the prepared pan. Top evenly with the fruit.
5. Bake: Bake until set, puffed, and light golden brown around the edges, about 50 minutes.
6. Cool and serve: Place the skillet on a wire rack and let cool for 15 minutes (the clafoutis will deflate). Dust with powdered sugar if using, cut into wedges or scoop and serve warm.

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