

Clafoutis (GF)

To make 6

Ingredients:

- Summer fruits (cherries, figs, apricots or peaches)
- 100 grams unsalted butter
- 100 g ground almonds (or 50/50 almonds & flour)
- 100 grams castor sugar
- 2 eggs (=c100 grams)
- Zest of a lemon
- Icing sugar to dust
- Flaked almonds to decorate (optional)
- Butter to grease shallow ramekins

We start the season with cherries, then make the recipe with peaches or nectarines, or fresh figs, then apples and pears – it's very seasonal and versatile! Canned fruits work equally well.



A traditional Clafoutis is a flat sweet batter rather like a sugary Yorkshire pudding. This gluten free version uses ground almonds making it richer so the paste is really a frangipane rather than a Clafoutis batter, either way it is a simple delicious and easily adaptable dessert. Serve with crème fraiche or lemon ice cream to offset sweetness.

Method:

To prepare the Clafoutis:

Heat the oven to 170C. Cream the butter and sugar until light and fluffy. Whisk in the eggs and almonds and lemon zest if using. Combine to a batter. The mixture should be smooth, light and fluffy, leaving a light trail.

Grease the ramekins with butter and fill with around 70 g of mixture (about half full). Add the fruit to each ramekin in a pattern.

Bake for 15-20 minutes or until a skewer comes out clean.

Presentation:

Serve warm decorated with fresh cherries and a dusting of icing sugar, crème fraiche or crème fraiche sorbet.

If using fresh hard fruits like pears or apples, you should poach them in a little sugar, water and lemon juice until a skewer goes gently through them.

Frangipane Tart

Line a flan tin with prepared pastry and bake blind (line with baking paper and baking beans) cook for 10 minutes at 200C, remove the paper and the beans and cook for a further 5 minutes until golden brown and crisp.

Prepare your frangipane mix using about 200 g of butter, sugar, eggs and almonds for a 24 cm flan tin. If you replace 50 g of almonds with plain flour, it will help the larger tart not to crack as it stabilises the mix.

Spread over the frangipane mix over the cooled pastry and arrange the fruit of your choice on the top.

Bake at 200C for 10 minutes and then reduce the heat to 180C for about 30 minutes until the mix is a golden brown or until a skewer comes out clean.

Variations

We use fresh fruit in season but canned or frozen fruits work well too! Sliced or halved peaches or nectarines, fresh figs, sliced pears, halved apricots or frozen mixed berries.

Glaze with some strained apricot jam or marmalade or reduce down the syrup from your canned fruit (apricots or pears) and glaze to create shine.

If you don't wish to use fruit you could crumble some chocolate pieces through the frangipane for a chocolate version. As this will be quite sweet, you could spread the cooled pastry base with a little marmalade to cut the sweetness.

You can spread the pastry with raspberry jam and decorate with flaked almonds for a "Bakewell".

Delicious served hot or cold. See our ice cream and sorbet recipes as an additional accompaniment.

