

Black Cherry Clafoutis

I've made clafoutis with all sorts of fruits, but cherries are my favourite!

Serves 4

25g plain flour

2 medium eggs

50g caster sugar

1 tsp vanilla essence

Pinch of salt

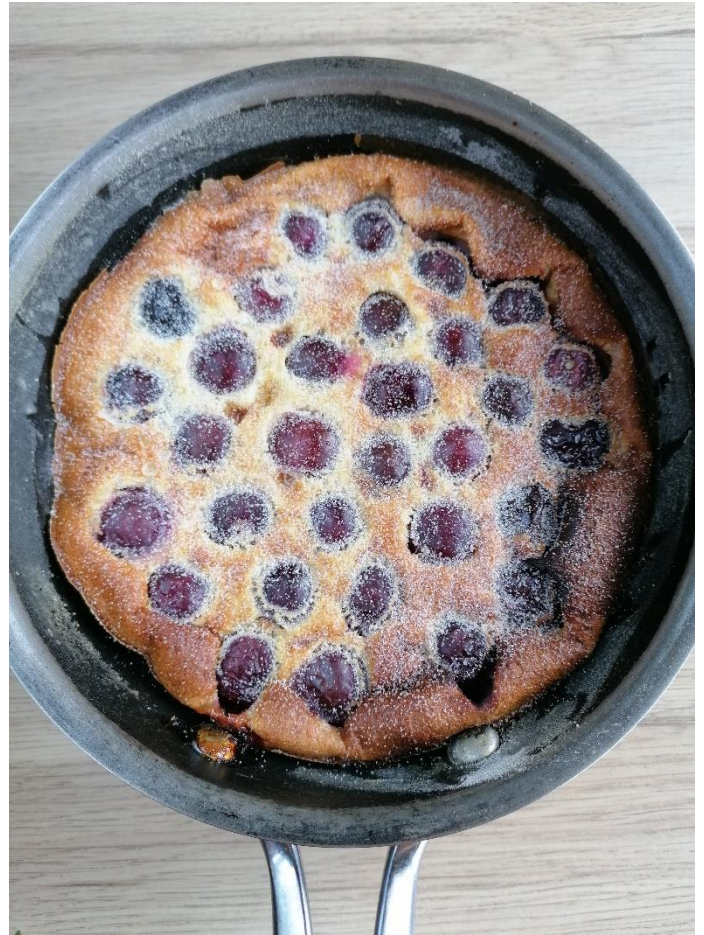
125ml semi skimmed milk

250g fresh cherries

Butter and flour for dusting the pan

Caster or icing sugar for dusting the top of the clafoutis.

1. Pre heat the oven to 190C/375F/ Gas5.
2. Lightly butter a 20cm oven proof frying pan and dust with flour
3. Mix the eggs, sugar and vanilla essence together, add the flour and salt. Beat well, then add the milk to make a smooth batter.
4. Pour half the mixture into the bottom of the frying pan, add the cherries and pour over the remaining batter.
5. Put the pan in the oven and cook for 40 minutes.
6. Once ready, remove, allow to cool a little, then dust with caster or icing sugar.
7. Serve with ice cream or cream. Watch out for the cherry stones!



Hints, Tips and Adaptations

Use fruit in season that keeps it's shape as well as cherries. Blackcurrants, peaches, pears, apples, rhubarb, cranberries etc.

Try cornflour or coconut flour to make this gluten free.

Reduce calories further by using skimmed milk.

For dairy free, swap the milk for any non dairy milk and the butter with oil.