

LEVEL 2 IVQ DIPLOMA IN PATISSERIE, CITY & GUILDS UK I CAKE & PVT CERTIFICATE COURSES

FRUIT CLAFOUTIS (Makes 2 Clafoutis Ramekins for a Loving Couple)

35g Milk
35g Cream
50g Eggs whole / 50g Condensed milk (if Vegetarian)
1g Vanilla essence
35g Caster sugar (Halve the sugar if using condensed milk in the Veg Option)
10g Flour
10g Butter
80g Washed, destemmed and Quartered Fresh Strawberries
10g Light brown sugar
10g Cashewnuts chopped
10g Icing sugar (to dust)

TO PREPARE RAMEKINS, Optional

30g Soft butter, use as required
20g Flour, use as required

PROCEDURE

- Preheat the oven to 180deg C, If You prefer, you could prepare your Ramekins by brushing them with soft butter and lightly flouring them and keep them on a tray in the chiller to prepare them
- Pour the milk, cream and heat till it gently comes to a boil. Take off heat and allow to cool
- Whisk the eggs (OR CONDESND MILK, IF VEG), sugar and vanilla essence in a bowl till light and fluffy, Fold the flour mixture in gradually, little by little and mix well
- Add in the cooled milk and cream mixture and mix well, strain if lumpy.
- In the prepared ramekins, add in the light brown sugar and the strawberries at the bottom and cook for 3mins at 180deg C in the oven to release the juices, take out of the heat and allow to cool slightly
- Pour over the batter and sprinkle with nuts and bake at 180deg C for 30-35 mins until golden brown and firm when shaken and when a probe in the centre comes out clean
- Cool completely, serve cold or at room temperature with a dusting of icing sugar on top or refrigerate to store upto 12 hours, Enjoy with a scoop of vanilla icecream