Healthy Recipe: Cherries Clafoutis

Clafoutis made with fresh cherries, now in season, is a simple, rustic dessert that that over the centuries has become a French classic.

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Clafoutis originated in the Limousin region of central France, and is basically a thick, rich pancake made with summer fruits, the most delicious being cherries. This Cherries Clafoutis recipe here is my friend Christine's Clafoutis aux Cerises. Not only is it delicious, it can be to put together in a jiffy.

Ingredients

7 tablespoons of unsalted butter, divided

½ cup fine sugar

⅔ cup unbleached all-purpose flour

⅓ cup cornstarch

½ teaspoon fine sea salt

6 eggs, lightly beaten

1 cup plus 2 tablespoons milk

1½ pounds of pitted cherries (See Chef's Tips below)

Directions

Preheat the oven to 350 degrees.

Melt 6 tablespoons of the butter over a low heat until it foams. Set aside.

Sift the flour, sugar and corn starch into a large mixing bowl. Stir in the salt.

Make a well in the center of the flour mixture. Using an electric hand whisk gradually beat in the eggs. Then gradually beat in the milk and add the melted butter. Beat until you have a smooth batter. Set aside.

Butter a large gratin dish with 1 teaspoon of the butter. Spread the pitted cherries evenly over the bottom of the dish, and dot with the remaining butter.

Pour the batter over the cherries and bake in the oven on a middle shelf for 40 minutes, or until golden and a toothpick comes out clean.

Serve warm or at room temperature with a dollop of yogurt.

Chef Tips

You can use frozen cherries to make this dessert. However, if you have a bag of sweet cherries to use, although we don't generally recommend buying single purpose gadgets, a cherry pitter is one exception. It makes fresh cherries a cinch to prepare for cooking, and besides, it can pit olives too.

If you eat this desert cold, dust it with a little confectioner's sugar before serving.

When it comes to dessert a little bit of what you fancy does do you good, but don't eat the whole thing! Eat all sweets in moderation.

Nutrition Facts (per serving)

Calories: 422; fat: 19 g; saturated fat: 11 g; polyunsaturated fat: 2 g; monounsaturated fat: 6 g; carbohydrates: 54 g; sugar: 34 g; fiber: 3 g; protein: 10 g; sodium: 277 mg

Registered Dietitian Approved

All our recipes are created by chefs and reviewed by our oncology-trained staff Registered Dietitian, Kate Ueland, MS, RD, to ensure that each is backed with scientific evidence and meets the standards set by the Academy of Nutrition and Dietetics.

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