

Apricot Clafouti

Originally from the Limousin region of France, clafouti is sort of a cross between a flan and a fruit-filled pancake. This one embraces apricots instead of the traditional cherries, but any fruit can be used, including apples, pears, peaches and plums. It will puff up dramatically during baking, then collapse; let it cool slightly before serving so you can truly enjoy the flavors. Leftovers make a delicious breakfast treat.



Makes: 12 servings

Active Time: 30 minutes

Total Time: 2 1/2 hours

Ingredients

- 1 pound fresh apricots , (about 8 medium), pitted and cut into wedges
- 1/4 cup almond liqueur, such as amaretto, or orange juice
- 1 lemon
- 1 tablespoon plus 1/3 cup sugar, divided
- 2 large eggs
- 1 large egg white
- 1 cup low-fat milk
- 2/3 cup all-purpose flour
- 1/2 teaspoon almond extract
- Pinch of salt

- 1 tablespoon sliced almonds
- Confectioners' sugar, for dusting.

Method

Combine apricots and almond liqueur (or orange juice) in a large bowl. Grate 2 teaspoons zest from the lemon and set aside. Juice the lemon and stir 2 teaspoons of the juice into the apricots. Let stand for at least 1 hour.

1. Preheat oven to 350°F. Coat a 10-inch round baking dish or oval casserole with cooking spray. Sprinkle 1 tablespoon sugar evenly over the bottom. Drain the apricots (reserving the syrup) and arrange in the baking dish.
2. Combine whole eggs, egg white and the remaining 1/3 cup sugar in a medium bowl. Beat with an electric mixer on medium speed until pale yellow. Add milk, flour, almond extract, salt, the reserved lemon zest and the reserved syrup; beat well to blend. Pour the batter over the apricots; sprinkle with almonds.
3. Bake the clafouti until puffed and golden, 45 to 55 minutes. Let cool about 20 minutes. Sprinkle with confectioners' sugar; serve warm.

Serve with Vanilla Ice Cream or Lime scented crème fraiche.