



Summer
**WHAT'S
IN SEASON?**
– IN TASMANIA –



Cherry Clafoutis

Clafoutis is a versatile dessert or even a special occasion brunch or breakfast. You can use whatever seasonal fruit you like - fresh berries, rhubarb, cherries, stone fruit or even preserved or frozen fruit during winter. In Tasmania we're so lucky to be able to grab the 'seconds' cherries from the farm, perfect to freeze, preserve or make into chutney and perfect for this dish!

Serves 4



Ingredients

- ½ cups low fat milk
- ½ cup cream
- 2 tablespoons honey
- 1 teaspoon vanilla
- 3 eggs
- ½ teaspoon baking powder
- 100g plain flour
- 250g pitted cherries
- Yogurt and fresh cherries, berries or fruit to serve

Method

1. Preheat the oven to 180C.
2. In a large mixing bowl, add the milk, cream, honey, vanilla, baking powder and flour and crack the eggs in. Mix well with a whisk.
3. Lay the pitted cherries in a baking dish and pour the milk and cream mix over the top.
4. Bake for about 30 min until the top is puffed up, browned and crunchy. Best served straight from the ovens it will quickly deflate. Serve with the fresh fruit and yogurt.

For more inspiration visit eatwelltas.org.au

What's In Season recipes are developed by Eat Well Tasmania Inc. and Eloise Emmett and supported by Healthy Tasmania.

