

Fig clafoutis



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Preparation 20 mins | Cooking 35 mins | Serves 4-6

This simple French-style custard is delicious served straight from the oven.

- 6 plump ripe figs, halved
- ½ cup plain flour
- 1 tsp ground cinnamon
- ½ tsp baking powder
- ½ cup caster sugar
- 3 free-range eggs (at room temperature)
- 1½ cups milk
- 1 tsp vanilla extract
- 2 tbs natural flaked almonds
- Icing sugar, for dusting and a drizzle of maple syrup

STEP 1 Preheat oven to 180°C/160°C fan-forced. Grease a 6-cup shallow (about 4-5 cm deep) baking dish. Arrange figs in the baking dish.

STEP 2 Sift flour, cinnamon and baking powder into a large bowl. Stir in sugar and mix to combine. Set aside.

STEP 3 Whisk eggs, milk and vanilla in a jug. Gradually whisk egg mixture into the flour mixture, whisking until batter is smooth. Pour mixture over figs and sprinkle with almonds. Place dish onto a baking tray and bake for 35-40 minutes until puffed and golden. Dust with icing sugar and drizzle with maple syrup. Serve immediately.

Good for you... FIGS

Along with their rich succulent flavour, fresh figs provide fibre. The fibre is concentrated in the fig seeds and helps keep the digestive tract functioning normally. Figs also provide vitamin C, which the body uses as one of its tools to fight infection. A source of potassium, which can help balance the effects of too much salt in the daily diet.

