

Gamila MacRury,
AUSTRALIA

APPLE CLAFOUTIS

Clafoutis (say ‘clah-foo-tee’) is a classic French dessert that is more or less a baked custard with fruit. It’s so easy! Saffron farmer Gamila MacRury shows us a version with saffron. It takes this simple dessert to the next level, but you can leave the saffron out if you don’t have it.

Do feel free to vary the fruit according to what’s in season and what you have in the fruit bowl. Frozen berries can be used too!

Serves: 6



INGREDIENTS

60 grams (2.1 oz) blanched almonds
100 grams (3.5 oz) caster sugar
10 grams (0.35 oz, approx. 1 tablespoon) plain flour
pinch cinnamon powder
pinch salt
250 grams (8.8 oz) pouring or thickened cream, plus extra to serve
10 drops saffron extract or 6 strands saffron, optional
2 eggs
3 egg yolks
2 apples, thinly sliced (peel if desired, or leave peel on)
cream or ice cream to serve



Time: 40 minutes



METHOD

1. If using saffron strands, stir them into cream 24 hours before making clafoutis.
2. Preheat oven to 180°C (360°F). Place almonds, sugar, flour and salt in mixing bowl. Blend **10 sec/speed 10**.
3. Add saffron-infused cream and eggs or, if using saffron extract, add 10 drops extract to mixture. Mix **20 sec/speed 7**.
4. Pour batter into baking dish. Arrange sliced apples over batter. Bake for 30 minutes (180°C / 360°F) or until puffed and golden.

Serve warm with cream or ice cream.

Tips

- [Purchase Gamila's lovely saffron and saffron extract](#)
- The clafoutis puffs up in the oven, then flops as it cools - it's delicious in full flight or when it's a bit sunken, so don't worry too much.

Variations

- Cherry clafoutis is a classic - when cherries are in season, get your clafoutis on!
- Pear, berries (fresh or frozen), cooked rhubarb and stonefruit are great in clafoutis too.



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SHOPPING LIST:

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- Caster sugar (100 grams / 3.5 oz)
- Plain flour (10 grams / 0.35 oz, approx. 1 tablespoon)
- Cinnamon powder (pinch)
- Salt (pinch)
- Pouring or thickened cream, plus extra to serve (250 grams / 8.8 oz)
- 10 drops saffron extract or 6 strands saffron, optional
- 2 eggs
- 3 egg yolks
- 2 apples, thinly sliced (peel if desired, or leave peel on)
- Cream or ice cream to serve



NOTES & TIPS:

- Purchase Gamila's lovely saffron and saffron extract