

# *Clafoutis au Pommes & aux Noix*

*(makes enough for 6 nice slices)*

90 g sifted flour  
135 g sugar  
4 eggs (beaten),  
350 ml milk,  
100 ml low-fat single cream &  
15 ml vanilla essence (or infuse a vanilla pod in the milk).

4 or 5 apples  
75 g roughly crushed walnuts

Pre heat fan-assisted oven to 175°C.

Mix the flour & sugar together in a bowl. Make a well & break the eggs into it one by one blending with a hand whisk. While mixing, add in the cream, milk & vanilla essence (or seeds from the pod in the milk).

Grease and flour a 24 cm / 10 inch earthenware flan dish. Peel and cut up your apples into smallish chunks. Put them in the dish. Pour your mixture over the apples. Sprinkle with walnuts and a bit of Cassonade/brown Demerara sugar and put in the oven & cook for about 1 ¼ hours.

Serve with single cream or ice cream. Instead of walnuts, you can use prunes. Instead of apples, you can use cherries or plums.

Bon appétit!

*La Belle Demeure, Dordogne*