



CLASSY CLAFOUTIS

This delicious dessert from France is usually made with cherries, but this special summer version uses peaches and raspberries. Serve warm or cold.



Skills Check: Follow a recipe; follow food safety & hygiene rules; tidy away; use a sieve; crack an egg; cream fat and sugar; scrape out a bowl with a spatula; use weighing scales; whisk; use an oven with adult supervision.

Equipment: Hob, oven, ovenproof dish (approx. 20cm diameter), weighing scales, frying pan, tin opener, wooden spoon, plate, bowl, whisk, metal spoon, spatula, sieve, oven gloves

Allergens*: Gluten | Wheat | Milk | Eggs

Ingredients (serves 6 adults or 12 children):

- 410g tin of peaches, drained
- 150g raspberries
- 40g butter, plus extra for greasing
- 3 large eggs
- 100g plain flour
- 70g caster sugar

Method

1. Grease an ovenproof dish, approx. 20 cm in diameter.
2. Preheat the oven to 180C.
3. Melt half of the butter in a frying pan, add the peaches and cook for around 5 mins until they start to soften. Put on a plate to cool.
4. Break the eggs into a bowl, add the sugar and whisk until the mixture is frothy. Sift the flour and fold it into the mixture using a metal spoon.
5. Melt the rest of the butter in the same frying pan, then stir this gently into the mixture.
6. Put the raspberries and half of the peaches into the ovenproof dish.
7. Pour the mixture over the fruit, scraping out the bowl with a spatula, then lay the rest of the peaches on top.
8. Bake in the oven for 30 mins until brown. Serve warm or cold.

*Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.



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Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about Classy Clafoutis...

Fruit is generally low in fat and calories and high in fibre. Fruit offers an array of important vitamins and minerals, and also contains phytochemicals which may help protect our bodies against diseases.

Cakes tend to be high in fat and sugar, although some types are worse than others. The Eatwell guide says that if you are consuming foods and drinks high in fat, salt and sugar we should have these less often and in small amounts.



Energy, sugar, fat and salt per serving

Per 137g (adult) serving

ENERGY
996kJ / 237kcal **12%**

MED **FAT**
8.4g **12%**

MED **SATURATES**
4.5g **23%**

MED **SUGARS**
20.0g **22%**

LOW **SALT**
0.13g **2%**

% of an adult's reference intake
Typical values per 100g : Energy 727kJ / 173kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.