



TREWITHEN DAIRY

GLYNN VALLEY · CORNWALL

DUTCH BABY PANCAKE WITH CARAMELISED APPLE & TOFFEE SAUCE

DESCRIPTION

Sometimes called a German pancake, a Bismark or a Dutch Puff, our version of these pillowy, puffed up, golden pancakes is filled with hot, sticky caramelised apples and toffee sauce, topped with a good dollop of Trewithen Dairy Clotted Cream.

Dutch babies, similar to sweetened Yorkshire Puddings have in fact nothing to do with Holland, they originate from the German-American community known as the Pennsylvanian Dutch and are served all over America simply with lemon and sugar.

This recipe makes one Dutch Baby, perfect if you're celebrating Pancake Day on your own, however you can increase the recipe as many times as you like depending on how many you want to make.

SERVES 1

INGREDIENTS

For the pancake

1 large egg
1 tsp caster sugar
50ml Trewithen Dairy whole milk
35g plain flour
½ tsp vanilla paste
pinch of crushed sea salt
10g Trewithen Dairy salted butter

For the caramelised apple

1 large eating apple
15g Trewithen Dairy salted butter
2 tsp light soft brown sugar
¼ tsp ground cinnamon

For the toffee sauce

30g Trewithen Dairy salted butter
35g dark muscovado sugar
25g Trewithen Dairy clotted cream

To serve

icing sugar for dusting
Trewithen Dairy clotted cream
1 tsp chopped, toasted hazelnuts, optional

METHOD

1. For the pancake, heat the oven to 220C/Fan 200C/Gas 7 and place a small (15cm) ovenproof frying pan, sponge tin, cake tin or round ovenproof dish on the middle shelf of the oven.
2. In a medium size jug or bowl, whisk (or use a stick blender) the egg, caster sugar, milk, flour, vanilla paste and salt together to a very smooth batter.
3. Using oven gloves, remove the frying pan from the oven and add the butter to the pan. Swirl the pan a few times to melt the butter, then immediately pour in the batter.
4. Return to the oven and bake for 12 - 15 minutes until puffed up and golden.
5. Meanwhile for the caramelised apple, peel, core and slice the apple 1 cm thick. Melt the butter in a small pan, then stir in the sugar and cinnamon. Add the apples and cook for 4 - 6 minutes, stirring occasionally until just beginning to soften. Remove from the heat and set aside.
6. For the toffee sauce, place the butter, sugar and clotted cream in a small pan and heat over a medium heat, stirring, until the butter and cream have melted and the sugar has dissolved.
7. To serve, dust the edges of the pancake with icing sugar, then spoon the caramelised apples into the centre of the pancake, then pour over the toffee sauce. Top with a generous spoonful of clotted cream and sprinkle with chopped, toasted hazelnuts.