

Three French desserts:

1. French Palmier biscuits
2. Clafoutis aux cerises (Cherry Clafoutis)
3. Flan

1. French Palmier biscuits

<https://lovefoodies.com/easy-french-palmier-cookies/> (see link for more details)



French Palmier Cookies or biscuits are so delicious! A.K.A. ELEPHANT EARS! Traditionally, they are made with just sugar and served with a coffee.

What is a Palmier in French?

A palmier translated from French simply means 'palm tree', pig's ear or elephant ear. It's a French pastry, shaped in to a palm leaf or butterfly as you can see from the photos. For this recipe, we've used some ready rolled puff pastry. However, you can also use flaky or rough puff pastry to achieve the same effect of the puff layers and you will get a light, flaky, crunchy, buttery cookie.

What is a Pastry Sheet?

For those of you who aren't sure what a puff pastry sheet is, they're found in the fresh and frozen section of your supermarket. You can buy them like in the photo below, where it is ready rolled, or you can buy the pastry in block form where you will need to roll the pastry out using a rolling pin to your desired thickness.



Prep Time: 20 minutes (includes chilling)

Cook Time: 12 minutes

Serves: 24 Cookies

Ingredients:

- 1 Package Frozen Ready Rolled PUFF Pastry. (contains 2 sheets)
- 3 1/2 Tablespoons or 50 g butter, melted
- 1/2 Cup or 100 g Granulated or Demerara Sugar
- 1 Teaspoon Cinnamon (optional)

Instructions:

1. Take the puff pastry from the freezer and allow to fully defrost IN the packaging.
2. Preheat oven to 400 F or 200 C.
3. Unroll the pastry and flatten it on the plastic wrapper.



This is what the puff pastry looks like when rolled out. Keep the parchment underneath!

Sprinkle sugar (and cinnamon if using) evenly all over the pastry and take a rolling pin and LIGHTLY roll over the sugar so as to press it gently into the pastry. Be careful not to roll hard so you keep the shape of the pastry. The photo below shows a filling of sugar and ground almonds.



Sprinkle your filling all over the puff pastry.

4. Take one side and tightly roll the pastry toward the middle. Stop when you get to the middle. Then take the other side of the pastry and roll toward the middle. Wrap the pastry in the plastic sheet you were using underneath and pop in the fridge for 20 minutes to firm up. Repeat with the other sheet of pastry. See the video below for how to make and shape the palmier cookies.

5. Take the pastry from the fridge and cut into 1/4 inch thick slices.



Make sure you cut the cookies at an even width

Place flat on a parchment-lined baking sheet, a couple of inches apart so they can grow in the oven!



Leave enough space in between for them to grow in the oven.

Brush the tops lightly with the melted butter and another light sprinkling of sugar. Bake for approximately 12 – 15 minutes or until the cookies puff up and turn golden brown. Keep an eye on them because they will burn very easily!

6. When done, use a fish slice or similar and transfer the cookies to a cooling rack.



Straight from the oven!

These will store, once cooled, in an airtight container for a few days. They are delicious eaten as they are, or as I do, with a scoop of ice cream!

2. Cherry Clafoutis Recipe

This cherry clafoutis recipe is so simple that we have included it as one of our easy recipes for kids. It could also go in the category for adults who want to eat something delicious for dessert but have next to no time.

A clafoutis can be made with any fruit that you might use to make a tart or pie. Berries work especially well, but you can also use apples, apricots, peaches, plums or pears.

Cherries are layered in a buttered baking dish and then covered in a vanilla scented custard. Absolutely divine when it is warm from the oven, you can also allow the custard to cool and become firm. It is even good for breakfast the next day!



A clafoutis (**claw foo tee**) seems an appropriate name for this popular French preparation. It is an unusually clunky sounding French word and captures the unpretentious nature of the dish. The word may or may not derive from a word in patois that means to nail in. Some people speculate that the cherries look like nails that have been hammered into the custard.

The cherry clafoutis recipe though is probably the most popular version. Normally the fruit is not pitted for this dessert. It is said that the pits add extra flavor, which provides a most perfect excuse for avoiding the chore of pitting. Do always remember though to tell people about the pits before they take a bite!

You can of course pit the cherries if you wish.

Cherry Clafoutis

Clafoutis aux cerises

Preparation Time: 15 minutes

Bake Time: 45 minutes

Makes 6 servings

INGREDIENTS

- 2 teaspoons very soft butter
- 1 pound cherries
- 1 cup milk
- 1/2 cup sugar
- 1/2 cup flour
- 1/8 teaspoon salt
- 2 tablespoons melted butter
- 3 eggs
- 2 teaspoons vanilla extract

DIRECTIONS

1. Preheat the oven to 350°F (180°C). Use the soft butter to generously grease a 10 inch diameter tart or cake pan.
2. Wash and dry the cherries and remove the stems. There is no need to pit the cherries, although you can if you wish. The pits are said to add extra flavor to the dish.
3. Evenly distribute the cherries in the buttered pan.
4. Place the two tablespoons of butter in a small dish that can go in the microwave. Cover with a piece of paper towel in case it explodes. Microwave on high for about 30 seconds - just enough to melt the butter.
5. Whisk together the flour, sugar, and salt in a mixing bowl. Whisk in the milk. Whisk in the eggs, melted butter and vanilla extract. Pour this batter on top of the cherries.
6. Place the pan in the preheated oven and bake for 45 minutes or until the custard is cooked through.
7. Serve warm or cold.

SUBSTITUTES AND ADDITIONS

Use an equivalent amount of blueberries, raspberries, blackberries, or sliced peaches, plums, or apricots.

You can add two teaspoons of baking powder to the flour, sugar and salt. This will give your clafoutis a little rise and result in a more puffy custard.

3. Easy Flan Recipe for Kids



French flan is served in a pie crust (photo), but that is unnecessary with this recipe. The flour in the batter settles to the bottom of the flan as it is cooking and forms a crust all by itself.

Flan à la Francaise

Prep time: 15 min

Bake time: 45 min

INGREDIENTS

- 1 1/4 cups flour
- 2/3 cups sugar
- 4 eggs
- 4 cups milk
- 1 teaspoon vanilla
- salt
- butter (to grease pan)

DIRECTIONS

1. Sift the flour into a bowl. Form a hole in the center of the flour and pour in the sugar and a pinch of salt.
2. Beat the eggs in another bowl and add this to the center of the flour mixture as well.
3. Pour in the milk slowly, stirring as you go. Continue stirring until you have a smooth batter. Stir in vanilla.
4. Grease and flour a two quart baking dish and pour in batter.
5. Bake at 425° F for 45 minutes. Let cool completely and refrigerate before serving.

Bon Appétit! 😊