

Caramelised Apple and Cinnamon Dutch Baby



Preparation time: 35 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Pancake Tuesday, Desserts, Vegetarian



Ingredients

Dutch baby pancake

$\frac{2}{3}$ cup (100g) plain flour

1 tsp salt

$\frac{2}{3}$ cup (160ml) milk

3 eggs

30g butter, diced

Caramelised cinnamon apple

- 50g butter, diced
- 1/3 cup caster sugar
- 3 Granny Smith apples, peeled, 2 cut into thick wedges, 1 sliced thinly
- 1 cinnamon quill, halved
- 1/4 cup water
- 1/2 tsp ground cinnamon, plus extra for garnish
- Vanilla bean ice cream and maple syrup, to serve

Method

Dutch baby pancake

1. Arrange one oven rack in the middle position and remove all other racks above or below. Set oven to 240°C/220°C (fan-forced) and place a 25 cm (top measurement) ovenproof frying pan into oven to heat up.
2. Combine flour and salt in a large mixing bowl and make a well in the centre. Pour in milk and add eggs. Whisk to a smooth batter.
3. Once oven has reached temperature, quickly remove hot frying pan from oven. Add butter and swirl pan to coat the base and sides. Pour in batter and return to oven. Cook 15-18 minutes or until pancake has puffed up and sides are golden.

Caramelised cinnamon apple

1. While the Dutch baby is cooking, melt butter in a deep pan over medium heat. Add sugar and cook, stirring for 1-2 minutes or until sugar starts to caramelise. Add apple wedges, cinnamon quill and water and cook for a further 3-5 minutes. Add apple slices and cook until soft and caramelised. Stir in ground cinnamon and mix well. Set aside.

Assembly

1. Remove Dutch baby from oven and top with caramelised apples, scoops of vanilla ice cream and maple syrup. Sprinkle with more ground cinnamon if desired.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
239g	1790kj 428kcal	8.6g	20.8g	12.4g	50.1g	32.1g	639mg	2.9g

All nutrition values are per serve.