

GRAPE AND BLUEBERRY FLAUGNARDE

ingredients:

400g green seedless grapes

100g blueberries

100g castor sugar – I used fructose

125g flour

pinch of salt

3 eggs

300mls milk

icing sugar for dusting

butter for your baking pan

method:

place the fruit into a bowl and dust with 50g castor sugar

leave to stand for 30 minutes

preheat the oven to 180° Degrees Celsius

butter a flan dish – I used my tatin dish

sieve together the flour, salt and the remainder of the castor sugar

beat the eggs well and then mix into the flour

mix in the milk thoroughly

pour over the fruit

bake for 35 minutes

cool until lukewarm and then dust with icing sugar

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