

Raspberry Yogurt Flognarde

November 30th, 2022

This recipe serves: 6

Prep Time: 00:15

Cook Time: 01:00

Flognarde or Flonarde (pronounced /floo-nyard/) is a French fruit dessert, traditionally made with a stiff custard, almost like flan. Flognarde can include wheat flour, or corn starch. While Flognarde is traditionally made with milk and cream, I have found Greek Yogurt to provide the perfect low-fat replacement. For additional flavor variations, you can also replace the raspberries with other fruits or berries, like apples, pear, blackberries, etc. If you use black cherries, the dish is called Clafoutis (pronounced /kla-fu-ti/).

Ingredients:

1 Large Egg

2 Tablespoons Cornstarch

3 Tablespoons Sugar

1.25 Cup (10 Ounces or 300 ml) Greek Yogurt

8 Ounces Frozen Raspberries or Mixed Berries

Directions:

In a medium bowl, beat the Egg.

Mix in the Cornstarch and the Sugar until fully integrated.

Fold in the the Yogurt, ensuring that it is also fully mixed.

Preheat the oven to 325° F.

Set 6 ceramic ramekins, (each about 6 ounces) in a large cake pan.

Arrange a layer of Raspberries (or other fruit) across the bottom of each ramekin.

Split the batter between the 6 ramekins, so that each ramekin is filled to the 6 ounce line.

Add water to the cake pan, so that the water level covers up to about the halfway mark of each ramekin.

Bake at 325° F for 55 minutes.

Remove from the oven and cool for about 30 minutes.

Refrigerate for at least an hour before serving.

To serve, carefully work a butter knife all the way around the inside of the ramekin, separating the Custard from the surface of the ramekin.

Gently overturn the ramekin onto a small plate, then carefully lift the ramekin, leaving the custard overturned on the plate.

Serve with a scoop of Crème Fraîche, Cherry Reduction Sauce, or Whipped Cream.