



Apple Cinnamon Dutch Baby Pancake

Serves 4

This dish is a real crowd pleaser, mostly due to the high impact, wow-factor of the puffy, airy pancake. Tip: Using low fat or fat free milk will make the pancake puff higher than full fat milk (for a more dramatic effect), though either way, it will immediately begin to settle once it's out of the oven.

Ingredients:

Apple Topping:

1 large gala apple, peeled and sliced
1/4 teaspoon cinnamon
1 tablespoon granulated sugar
1 tablespoon brown sugar
2 tablespoons orange juice
1/4 cup pecans, chopped
2 tablespoons butter

Pancake:

3 eggs, room temperature
1 cup fat free milk, room temperature
3/4 cup all purpose flour
1/4 teaspoon salt
1/8 teaspoon nutmeg
3 tablespoons butter
Maple syrup, for serving

Directions:

1. Preheat the oven to 425°F. In a large bowl, toss the apple slices with the cinnamon, granulated sugar, brown sugar, orange juice, and pecans until coated. On the stovetop, melt 2 tablespoons butter in a 10-inch cast iron skillet over medium heat. Add the apples and cook for 5 minutes, or until soft. Transfer the apple mixture to a bowl and wipe out the skillet.

2. Heat the cast iron skillet in the preheated oven until very hot, about 10 minutes. Meanwhile, whisk together the eggs, milk, flour, salt, and nutmeg in a medium bowl until ingredients are smooth and free of lumps. Melt 3 tablespoons of butter inside the hot pan, swirl to evenly coat the bottom and sides. Immediately pour the batter into the hot skillet and bake for 15-20 minutes until the pancake is puffed and the edges are golden brown.

3. Top the pancake with the cooked apples and serve immediately with warm maple syrup.