

Studio 5

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“German Pancakes w/Creamy Lemon Custard”

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Sometimes called “Dutch Babies” this classic, baked pancake, is served with creamy lemon custard and sliced strawberries. Looks fantastic, tastes better – and it’s easy! Serves 6

Ingredients for Creamy Lemon Custard: *

- 2 cups whole milk**
- 1 cup sugar
- 2 tablespoons cornstarch
- 1/8 teaspoon salt, optional
- 3 large eggs
- 1 fresh lemon

Ingredients for German Pancakes:

- 4 large eggs
- 3/4 cup flour**
- 3/4 cup milk
- 1/2 teaspoon vanilla, optional
- 1/4 teaspoon salt
- 1 tablespoon butter, melted
- 3 cups sliced fresh strawberries, or fruit of choice
- Powdered sugar

Method:

Combine milk, sugar, cornstarch and salt in top of double boiler; stirring frequently cook over medium heat until mixture begins to thicken.

Beat eggs until frothy. Gradually stir 1/4 the hot milk mixture into frothy eggs; return pan to double boiler, stir tempered eggs into remaining hot milk mixture. Stirring frequently, continue to cook until mixture is thick and shows form when stirred. Remove from heat, cover and chill thoroughly.

Preheat oven to 425 degrees. Heat a 10-inch oven proof skillet or metal cake/pie pan in oven 5 minutes.

Beat eggs; add flour and beat well; add milk, optional vanilla and salt. Beat until smooth.

Remove skillet from oven, add butter and tilt pan to coat with butter. Add batter and immediately return to oven. Bake 20-25 minutes or until puffed on edges and golden brown. Center of pancake will have an irregular puff.

Zest or finely grate peel from lemon; cut and squeeze 2 tablespoons lemon juice. Stir zest and lemon juice into cooked custard. Cut pancake 6 wedges, sprinkle with powdered sugar, add sliced strawberries and chilled custard.

Notes:

For a fun variation and a savory supper, serve pancake with a meat gravy rather than fruit and custard.

* For speed, replace custard with 1 package instant lemon pudding. Follow package directions to prepare.

** Bread flour has a higher protein content and will result is a more spectacular pancake. All-purpose flour may be substituted. Whole milk makes a creamier dessert, but low-fat milk may be substituted.

Nutrition Facts	
Serving Size 1/6	
Servings Per Container 6	
Amount Per Serving	
Calories 390	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 5g	27%
Cholesterol 270mg	89%
Sodium 250mg	10%
Total Carbohydrate 59g	20%
Dietary Fiber 3g	10%
Sugars 43g	
Protein 13g	
Vitamin A 10%	• Vitamin C 90%
Calcium 20%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	