

Food Therapy



Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

Imagine a crepe and an omelette had a love child and covered it with a tangy salad. Intrigued? Dutch baby is like a giant puffy pancake— part popover, part soufflé and all delicious. Making it feels a bit like a magic trick since you put a pan of liquid batter into the oven and in no time it blooms up into a crispy, golden puffball (kids will happily sit in front of the oven glass and watch its progress with awe). Dutch baby is also like a distant but beloved cousin of the cheddar soufflé in my first book. It's easier and faster than soufflé, though, and while it's not as luxurious, it's still incredibly tasty and satisfying. And since it always looks like a salad bowl to me, I add greens and make it true!

Cheesy Dutch Baby

Prep time 10 minutes

Ready in 25 minutes

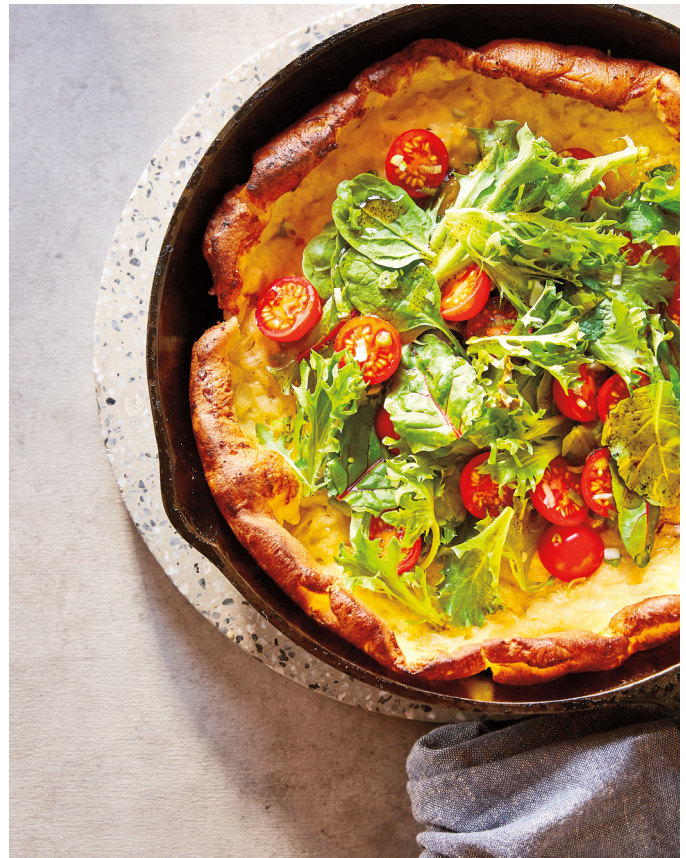
Serves 2 to 3

4 eggs
2/3 cup all-purpose flour
2/3 cup milk
1/4 teaspoon salt
2/3 cup grated old cheddar, divided
3 tablespoons butter
2 tablespoons extra-virgin olive oil
1 tablespoon balsamic vinegar
1/8 teaspoon salt
4 cups mixed greens
1/2 cup cherry tomatoes, cut in half
1 green onion, minced

Preheat the oven to 450°F. Whisk the eggs and flour together in a large bowl. Whisk in the milk and salt. Whisk in about half of the cheese.

Melt the butter in a 10-inch, oven-safe frying pan (such as cast iron—the pan cannot be non-stick) over medium. Swirl so it coats the entire bottom of the pan. Pour the egg mixture into the melted butter. Sprinkle with the remaining cheese.

Transfer the pan to the oven and bake 12 to 15 minutes, or until the mixture puffs up and browns across the top. While the Dutch baby cooks, whisk the oil, vinegar and salt in a large bowl until combined. Add the greens, tomatoes and onions and toss to coat. Pile the salad into the centre of the hot Dutch baby and serve immediately, cut into wedges.



Recipe + photograph courtesy of Claire Tansey,
www.clairetansey.com

Episode #47: Home dinners uncomplicated

Email Lynn with questions or comments at
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Because What You Put In Your Body Matters!