



Rose's Apple Filled Dutch Baby

Adapted from Rose Levy Beranbum's [The Bread Bible](#)

BAH Note: The most important thing about this recipe is to remember that the batter has to rest for at least an hour. If you don't like long delays in getting apple filled goodness into your belly, make the batter the night before. I honestly don't know if the flour in my container was bleached or unbleached. I'm sure RLB has her reasons for specifying bleached but I was perfectly happy with the results I got with my King Arthur All Purpose.

RLB's headnote for this recipe says her "goal was for a Dutch baby that had crisp, puffy sides but a tender, almost custardy bottom (as opposed to an eggy/rubbery one)." I can not provide a more accurate, enticing description than that.

Batter

- 142 grams (1 cup) bleached all purpose flour
- 37 grams (3 tablespoons) sugar
- 1.7 grams (1/4 teaspoon) salt
- 56 grams (4 tablespoons) melted butter, divided
- 242 grams (1 cup) whole milk
- 2 large eggs
- 2 large egg whites
- 1 teaspoon vanilla extract

Place the flour, sugar, and salt in a food processor and pulse a few times to combine. Add 2 tablespoons of the melted butter and process until the mixture resembles tiny peas, approximately 20 seconds. Scrape down the sides of the workbowl. With the food processor running, add the milk, eggs, egg whites, and vanilla and process until the batter is smooth, about 20 seconds.

Allow the batter to sit for an hour at room temperature or refrigerate for up to 24 hours. If you refrigerate overnight, allow the batter to come to room temperature and whisk it lightly.

30 minutes before baking, place a rack in the bottom third of the oven and heat your oven to 400 degrees. When ready to bake, remelt the remaining 2 tablespoons of butter and add it to a 12 inch, oven safe frying pan (I used a stainless steel pan because I don't know that my Calphalon nonstick is safe to 400 degrees). Use a pastry brush to coat the bottom and sides completely with the butter. Place the empty pan in the oven for 3 minutes until the butter is hot and bubbling.

Carefully remove the hot pan from the oven and pour the batter over the hot butter. Bake for 15 minutes then lower the heat to 350 degrees and continue to cook until it is puffed around the

edges above the sides of the pan and has a golden brown color, approximately 30 minutes. Approximately 15 minutes before the end of the cooking time, quickly make 3 small slits in the center of the Dutch baby to release steam and allow the center to dry more.

While the Dutch baby is in the oven, make the apple filling.

Apple Filling

- 63 grams (4 1/2 tablespoons) butter, softened
- 717 grams (2 pounds) granny smith apples, peeled, cored, and sliced 1/4 thick
- zest and juice of 1 lemon
- 40 grams (3 tablespoons) brown sugar
- 38 grams (3 tablespoons) granulated sugar
- 3/4 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon salt

Melt the butter in a large frying pan set over medium heat. When the bubbling subsides, add all the ingredients. Cook for approximately 15 minutes until the apples are tender and glazed. Turn off the heat and cover the pan to keep warm.

Once the Dutch baby is removed from the oven, carefully transfer it to a large plate or platter and fill it with the spiced apples.

rose's apple filled dutch baby was posted by wendi on 30 march 2011 at bonappetithon.com