

## Des Fliottes

*Fliottes were traditionally made for Good Friday. A sweet batter treat that would fill you up.*

### Les ingrédients

<i>1/2 lb flour</i>	<i>1/2 livre d'flieu</i>
<i>2 pints milk</i>	<i>1 quart d'lait</i>
<i>1/4 lb sugar</i>	<i>1/4 livre d'chucré</i>
<i>2 eggs</i>	<i>2 oeufs</i>
<i>knob of butter</i>	<i>un peton d'beurre</i>



- 1. Mix the flour, sugar and eggs together and add a drop of the milk to loosen up the mixture a bit.*
- 2. Melt a knob of butter in a deep saucepan, then add the 2 pints of milk and bring to the boil.*
- 3. Drop in one tablespoon of batter into the milk at a time.*
- 4. You will see the batter rise and float in the milk.*
- 5. Leave the fliottes to simmer for a few minutes.*
- 6. Use a slotted spoon to lift them out of the milk.*
- 7. Serve the fliottes in some of the warm milk they were cooked in with a sprinkling of sugar and nutmeg.*

