

ÉCOLE BELLOUET CONSEIL

VANILLA FLAN PÂTISSIER

Ingredients

Lining paste
400 g flour
300 g butter
75 g milk
15 g egg yolks
20 g sugar
10 g salt

Custard cream
2 kg milk
340 g egg yolks
400 g sugar
140 g pastry cream powder
60 g Prova Gourmet Bourbon vanilla extract 200EGR
100 g butter

Preparation

Lining paste
in a mixing bowl fitted with a paddle, rub together the flour and butter then add the mixture of milk, eggs, sugar and salt combined together. Mix well together without over-mixing the paste then allow to rest in the refrigerator for 2 hours. Roll out the paste to 3 mm and line three rings of 18 cm in diameter and 4.5 cm high. Allow to rest in the refrigerator.

Custard cream
In a metal mixing bowl, combine together the egg yolks, sugar, pastry cream powder and vanilla extract with seeds. Loosen the mixture with the boiling milk then continue to cook the mixture until boiling for 2 min. Remove from the heat and add the butter.

Assembly and finishing
Pre cook the tart bases with baking beans in a fan forced oven at 165°C for 20 to 25 min. Remove the baking beans and fill the top with the hot custard mix. Bake the tart in a fan forced oven at 165°C for 20 to 25 min until obtaining brown marks on the surface of the custard.

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