

The Flan



Serves :

6-8



Prep :

1h



Rest :

Freezing : 2h
Refrigeration : 12h



Cook :

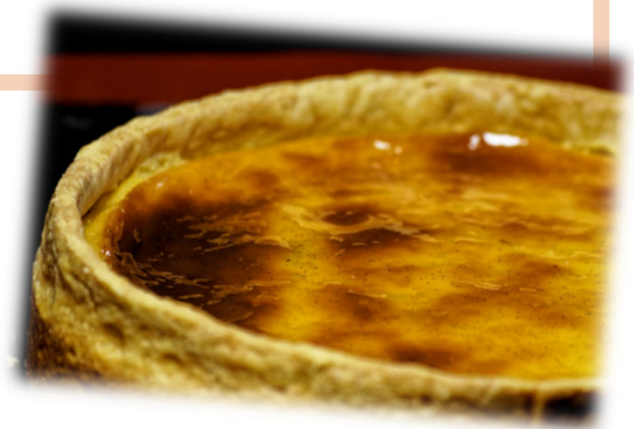
Temperature : 320-330°F
Time : 1h15-30

Special equipment

- 20x6 cm or 22x5 cm pastry ring

List of recipes

- ✓ Shortcrust pastry
- ✓ Custard filling



Steps

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🌀 Preparation of shortcrust pastry

Rest for a minimum of 2 hours in the refrigerator

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🌀 Line the pastry case

Rest for a minimum of 2 hours in the freezer

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🌀 Preparation of the flan filling

Rest for a minimum of 2 hours in the freezer

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🌀 Assembly

Rest for a minimum of 4 hours in the freezer

🌀 Bake for 1 hour 15-30 minutes

Rest for 6-8 hours in the refrigerator

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🌀 Tasting

Shortcrust pastry (Jacques Genin)

Ingredients

- ☑ 250 g ~ Flour
- ☑ 180 g ~ Softened butter
- ☑ 4 g ~ Fine salt
- ☑ 5 g ~ Superfine sugar
- ☑ 20 g ~ Egg yolk (1 yolk)
- ☑ 50 g ~ Milk

- Take the butter out of the refrigerator at least 2 hours before starting the recipe to bring it to room temperature.
- Place in the bowl of a stand mixer fitted with the paddle attachment:
 - sifted flour (250g),
 - sugar (5g),
 - salt (4g),
 - and cubed butter (180g).
- Mix on low speed for a few minutes until a sandy texture is obtained.
- Then add the egg yolk (20g) and milk (50g) and mix until a homogeneous mixture is obtained.
- Cover the dough with plastic wrap and form a disc, then refrigerate for at least 2 hours.
- Flour a work surface and roll out the dough with a rolling pin.
- Butter and line a high-sided pastry ring (6cm) with a diameter of approximately 20cm (or 22x5cm).
- Place the ring in the freezer. It is recommended to leave the dough in the freezer for 2-3 hours to obtain a crispy and almost sandy texture.



The flan (Stéphane Glacier)

Ingredients

- ☑ 750 g ~ Whole milk
- ☑ 250 g ~ Superfine sugar
- ☑ 60 g ~ Egg yolks (about 3-4 yolks)
- ☑ 150 g ~ Whole eggs (about 3 eggs)
- ☑ 250 g ~ Whipping cream (30% fat)
- ☑ 80 g ~ Pastry cream powder (or cornstarch)

- In a saucepan, pour:
 - 750g whole milk (preferably micro-filtered),
 - 250g whipping cream (30% fat content),
 - half of the sugar (125g),
 - and the 2 vanilla pods that have been split and scraped.
- Bring to a boil over medium heat.
- Let infuse for 30 minutes.
- Whisk the eggs (150g whole eggs + 60g egg yolks) and the remaining sugar (125g) until the grains of sugar have disappeared.
- Add the custard powder (or cornstarch) (80g) and whisk again.
- Bring the milk/cream mixture to a boil again.
- Pour half of the milk over the eggs while stirring.
- Pour this mixture back into the saucepan with the remaining milk and heat until the custard thickens.
- Return to medium heat and boil while whisking for 2 minutes. The custard should be smooth.
- Remove the vanilla pods.
- Take the tart ring out of the freezer and pour the hot custard over the pastry.
- Let cool in the refrigerator for at least 4 hours before baking at 160°C/320°F for about 1 hour 15 minutes to 1 hour 30 minutes (the custard should rise slightly and become brown on top).
- Apply a neutral glaze or a little apricot jam with a brush after taking it out of the oven.
- Let cool in the refrigerator for 6/8 hours before serving.



The flan (Quentin Lechat)

Ingredients

- ☑ 715 g ~ Whole milk
- ☑ 155 g ~ Superfine sugar
- ☑ 165 g ~ Egg yolks (about 8-9 yolks)
- ☑ 200 g ~ Whipping cream (30% fat)
- ☑ 60 g ~ Pastry cream powder
(or cornstarch)
- ☑ 100 g ~ Salted butter
- ☑ 2 ~ Vanilla pods

- Add 715g of whole milk (preferably micro-filtered) and 2 scraped and split vanilla pods into a saucepan.
- Bring to a boil over medium heat.
- Let infuse for 30 minutes.
- Whisk the egg yolks (165g) and sugar (155g) until all the grains of sugar have disappeared, add the cream powder (or cornstarch) (60g) and mix until smooth and homogeneous.
- Bring the infused milk to a boil.
- Pour half of the milk onto the yolks while stirring.
- Pour this mixture back into the saucepan with the boiling milk.
- Thicken the mixture off the heat.
- Put the mixture back over medium heat and boil while whisking and maintaining the boiling for 2 minutes.
- Off the heat, add the cold and cubed salted butter (100g), and the whipping cream (200g).
- Mix well with a whisk. Remove the vanilla pods.
- Take the tart ring out of the freezer and pour the cream over the dough.
- Let cool in the refrigerator for at least 4 hours before baking at 165°C/330°F for about 1 hour to 1 hour and 15 minutes (the flan should slightly puff and become brown on top).
- When out of the oven, apply a neutral glaze or a little apricot jam using a brush.
- Let cool in the refrigerator for 6-8 hours before serving



Tips

❖ If you want a creamier flan: (video reference = 27:20)

Do not pour the flan mixture directly onto the crust, but into a large container and cover it with plastic wrap so that it touches the surface of the mixture. Let it cool for at least 4 hours in the refrigerator. Then whisk it using a mixer for a few seconds. You can then pour the cream onto the frozen crust and proceed with baking.

❖ Baking: (video reference = 18:30 / 24:58)

When the flan comes out of the oven, it should be slightly wobbly, but if the top of the flan blackens excessively before the allotted time, cover it with aluminum foil and continue baking.

❖ Do not throw away used vanilla pods: (video reference = 29:05)

Wash the vanilla pods thoroughly with plenty of water. Wipe them dry with a paper towel and let them dry for a few days at room temperature. They should become brittle. At this point, you can grind them into powder using a food processor or make vanilla sugar using a ratio of 1 to 5 (1g of vanilla for 5g of sugar).

❖ Some tips to avoid grainy flan!

If the flan is grainy, it is likely due to the egg yolks cooking too quickly. Here are some tips that I can give you:

- ✓ When you add the sugar to the egg yolks, do not wait before mixing them (otherwise the sugar cooks the yolks). Therefore, you need to whisk everything until it becomes frothy (really mix well with a whisk).
- ✓ Then pour a portion of the milk (1/3) over the egg yolks, but slowly enough (always stirring constantly). The yolks should not cook with the addition of the milk.
- ✓ Then add the diluted yolks into the boiling milk, still slowly and stirring constantly!
- ✓ Once everything is poured into the pot, remove it from the heat and continue whisking until the cream thickens well. It should be very smooth at this point.
- ✓ Finally, put it back on low heat (not high), and the cooking should be done slowly while still stirring with a whisk.
- ✓ When the cream starts to boil, continue for 2 more minutes. You will see that the cream will become a little more liquid at the end of the cooking. It should be very smooth at this point!
- ✓ Avoid incorporating too much air into the flan!
- ✓ Lastly, do not hesitate to watch Chef S. Glacier's tips! He tells you everything in this video:
<https://youtu.be/uzf9cAoIWlo?t=393>

