

Flan Saint-Honoré (Quentin Lechat)

Ingrédients

- 125g semi-salted butter
- 90g icing sugar
- 50g whole egg
- 30g almond powder
- 250g flour
- 350g whole milk
- 75g sugar
- 2 vanilla pods
- 80g egg yolks (4 to 5 yolks)
- 30g cornstarch
- 100g cream with 35% fat
- 50g semi-salted butter
- 180g sugar
- 30g glucose syrup
- 90g liquid cream with 35% fat
- 150g semi-salted butter
- 83g water
- 83g milk
- 10g sugar
- 80g semi-salted butter
- 100g flour
- 150g whole eggs
- 150g sugar
- 30g water
- 1 dash of lemon juice
- 250g liquid cream with 35% fat
- 50g mascarpone
- 25g icing sugar
- 2 Madagascan vanilla pods

Préparation

1. After some time without a new recipe, here I am with this Saint Honoré flan taken from the latest special issue of Fou de Pâtisserie.
2. Flan, cream puffs, caramel, vanilla, this recipe by Quentin Lechat has everything to please the greatest number
Equipment : Whisk Rolling pin Perforated baking tray Pastry bags Saint Honoré pastry tip by Buyer Ingredients :
I used Norohy vanilla from Valrhona : code ILETAITUNGATEAU for 20% off the entire site (affiliate).
3. Preparation time : 1h30 + 1h05 baking time For a frame of 37x10.
4. 5x2.
5. Mix the softened butter with the icing sugar.
6. Add the egg, mix well, then incorporate the flour and almond powder.
7. Do not overwork the dough, form a ball as soon as possible, wrap it and place it in the refrigerator for at least 2 hours.
8. Then, roll out the dough and line your buttered frame placed on a baking tray covered with parchment paper.
9. Place it in the freezer until baking.
10. Heat the milk with one-third of the sugar and the vanilla grains and pods.
11. Whisk the egg yolks with the remaining sugar and cornstarch.

12. When the milk is boiling, pour it gradually over the eggs while whisking, then pour everything back into the saucepan.
13. Thicken over medium heat while whisking constantly.
14. Off the heat, remove the vanilla pods then add the cream and butter cut into small pieces.
15. Mix well, then pour the cream into the sweet pastry.
16. Bake in the preheated oven at 165°C for 45 minutes.
17. Let cool for at least 3 hours before unmolding the flan.
18. Prepare a caramel with the granulated sugar and glucose syrup.
19. Meanwhile, heat the liquid cream.
20. When the caramel is nicely amber, deglaze it with the hot cream, stirring regularly.
21. Off the heat, gradually add the butter, mixing after each addition.
22. If necessary, use an immersion blender to get a smooth caramel.
23. Let it cool.
24. You will have too much choux pastry, with the rest you can make chouquettes or cream-filled puffs.
25. Bring the water, milk, sugar and butter to a simmer.
26. Off the heat, add the flour all at once and mix well.
27. Put the saucepan back on the heat and dry the dough for about 2 minutes, stirring constantly.
28. Then, pour the dough into a mixing bowl (or into the bowl of the mixer fitted with the paddle) and let it cool for a few minutes.
29. Then, add the beaten eggs little by little until a smooth and satin-like dough is obtained.
30. Pipe 2cm diameter puffs onto a baking tray covered with parchment paper, as well as smaller puffs.
31. Bake in the preheated oven at 170°C for about twenty minutes.
32. You will have too much but it is normal, you need a certain amount to dip the puffs in it.
33. Prepare a caramel with the three ingredients.
34. Let it cool for a few minutes, then dip the cooled puffs in it.
35. For a perfect result, you can place them in silicone half-sphere molds while the caramel sets.
36. Whisk all the ingredients with the vanilla grains until whipped cream is obtained.
37. Pour it into a pastry bag fitted with a Saint-Honoré pastry tip.
38. The assembly : When the flan is cooled, spread a generous layer of caramel over it.
39. Then, pipe the whipped cream in a slaloming pattern over the entire surface.
40. Decorate with the puffs previously filled with salted butter caramel, then enjoy!