

# Pistachio & Chocolate Custard Tart

## Ingrédients

- 60g of softened butter
- 90g of icing sugar
- 30g of almond powder
- 1 egg
- 160g of T55 flour
- 50g of cornstarch
- 1 egg
- 1 egg yolk
- 120g of brown sugar
- 45g of cornstarch
- 300g of whole milk
- 300g of heavy cream with 35% fat
- 145g of pistachio puree
- 20g of butter
- 150g of Nyangbo or Caribbean chocolate
- 30g of honey
- 180g of heavy cream with 35% fat

## Préparation

1. A new flan to nicely conclude this week, but an enhanced flan this time as it is flavored with pistachio and covered with a smooth dark chocolate ganache.
2. Two things about this recipe: make sure to use 100% pistachio puree to get a real nutty flavor, and I advise you not to make the ganache too far in advance; stored in the refrigerator, it will harden and lose its creamy texture.
3. If needed, you can prepare the flan in advance; however, if possible, make the ganache only a few hours before tasting to allow it to crystallize at room temperature. Ingredients: I used Nyangbo chocolate (substitutable with Caribbean) from Valrhona: code ILETAITUNGATEAU for 20% discount on the entire site (affiliated).
4. I used almond powder, chopped pistachios, cocoa nibs, and pistachio puree Koro: code ILETAITUNGATEAU for 5% discount on the entire site (non-affiliated).
5. Mix the softened butter with the icing sugar and then the almond powder.
6. Add the egg, emulsify, then incorporate the flour and cornstarch without overworking the dough.
7. Form a ball, wrap it and place it in the refrigerator for at least 3 hours.
8. Then, roll the dough out to a maximum thickness of 2mm, then line your previously buttered and placed circle on a baking sheet.
9. Place the circle in the refrigerator (or freezer) for at least 1 hour.
10. Heat the milk with the cream.
11. Whisk the egg, egg yolk, and sugar, then add the cornstarch and whisk again.
12. Pour half of the hot liquid over the eggs, mix well, then pour everything back into the saucepan.
13. Thicken over medium heat, stirring constantly.
14. Once the cream has thickened, off the heat add the butter cut into small pieces and the pistachio puree.
15. Pour the cream into the tart shell, then bake in the preheated oven at 200°C for 20 to 25 minutes.
16. Let cool completely.
17. Heat the cream with the honey.

18. Pour the cream in several additions over the chocolate, mixing well after each addition to obtain a smooth and shiny ganache (if needed you can use an immersion blender to perfect the emulsion).
19. Pour the ganache over the cooled flan and allow it to crystallize at room temperature.
20. Finishes: Chopped pistachios Fleur de sel Cocoa nibs Once the ganache has sufficiently crystallized, sprinkle it with the different elements, and enjoy!

Recette imprimée depuis [www.iletaitungateau.com](http://www.iletaitungateau.com)