

Blackcurrant flan

Ingrédients

- 350g cream 35% fat
- 450g blackcurrant puree (or other fruit puree)
- 1 egg
- 3 egg yolks
- 90g brown sugar
- 40g cornstarch
- 20g flour
- 30g butter

Préparation

1. Again a flan recipe based on fruit purée; I had already made a raspberry purée flan based on Quentin Lechat's recipe (I then declined it in a pear version, you can use the fruit purée of your choice), this time I was inspired by Julien Delhome's flan recipe, but I used a homemade puff pastry that I had in the freezer.
2. You can use the pastry you want (reconstituted shortbread, shortcrust.
3.) for this flan, the same way you can use the fruit purée of your choice.
4. Heat the blackcurrant purée with the cream.
5. Whisk the egg, the yolks and sugar.
6. Add the flour and cornstarch.
7. Pour half the mix cream/blackcurrant on the eggs.
8. Put everything back in the pan and cook over medium heat while whisking.
9. Once boiling is reached, continue cooking for 1 minute.
10. Remove from the heat, add the butter and smooth with a whisk.
11. Pour the cream on the puff pastry and cook the flan for 30 minutes in the oven preheated to 180°C.
12. After taking it out of the oven, let it rest for 1 hour, then put it in the fridge for at least 3 hours before removing it delicately from the mould and enjoying !