

Almond, hazelnut and vanilla flan (with non dairy milk)

Ingrédients

- 150g T55 flour
- 90g brown sugar
- 120g softened butter
- 45g egg yolks (about 3 yolks)
- 3g baking powder
- 400g almond/hazelnut non dairy milk
- 400g almond cream
- 110g sugar
- 3 egg yolks
- 1 egg
- 40g cornstarch
- 20g flour
- 30g butter
- 1 vanilla bean

Préparation

1. The return of the flan, with a version without cow's milk or cream this time !
2. Again, inspired by Julien Delhome's flan, but I replaced the whole milk by an almond & hazelnut milk, and the liquid cream by almond cream for cooking.
3. You can do it with the non dairy milk of your choice (oat, almond, spelt.
4.), flavoured (chocolate, coffee.
5.) according to the result you want !
6. And if you want it 100% lactose free, you can replace butter by vegetable margarine.
7. The result is a super flavoured flan, between vanilla and nuts, but also ultra creamy, all on a melting and crispy Breton shortbread.
8. happiness !
9. Whip the egg yolks with the sugar until a creamy white mixture is obtained.
10. Add the softened butter and mix until smooth.
11. Then quickly incorporate the sifted flour and baking powder, as well as the fleur de sel, and mix quickly to blend the dough.
12. Put a plastic wrap on it and put it immediately in the refrigerator to harden it and make it easier to spread.
13. Heat the cream and milk with the seeds of the vanilla bean scraped off and let the mixture infuse for at least 30 minutes (you can also make a cold infusion for a whole night, your cream will have even more flavour).
14. Whisk the egg, yolks and sugar, then add the flour and cornstarch.
15. When the mixture is homogeneous, pour half of the milk/cream over it while whisking, then pour it back into the saucepan.
16. Cook over medium heat, stirring constantly until thickened.
17. Off the heat, add the butter.
18. Cooking : Preheat the oven to 180°C.
19. Spread the dough on about 4 or 5mm thick, and put it in your mold.
20. Pour the cream into the dough and bake for 40 minutes.

21. Once out of the oven, let the flan cool and then put it in the fridge for at least 2 hours.

22. Finally, enjoy !

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