

Cocoa Nib Custard Tart

Ingrédients

- 60g softened butter
- 90g icing sugar
- 30g almond or hazelnut powder
- 1 egg
- 160g T55 flour
- 50g cornflour
- 250g whole milk
- 250g whole liquid cream
- 100g cocoa nibs
- 3 egg yolks
- 1 egg
- 160g cane sugar
- 40g cornflour
- 20g flour
- 30g butter

Préparation

1. A melt-in-the-mouth and creamy flan, with a subtle taste of chocolate, sounds tempting?
2. You're in the right place with this cocoa nib flan recipe, which offers a fresher flavor than using melted chocolate. The recipe is based on Julien Delhome's, I just replaced the vanilla with cocoa nibs in the cream & milk infusion, otherwise no changes as I love this recipe!
3. Equipment: Whisk Rolling pin Perforated baking sheet 18cm ring
Ingredients: I used cocoa nibs
Koro: code ILETAITUNGATEAU for a 5% discount on the entire site (non-affiliated).
4. Preparation time: 30 minutes + 3h30 to overnight rest + 25 minutes cooking time
For an 18cm diameter flan:
Almond/hazelnut sweet pastry: softened butter icing sugar almond or hazelnut powder 1 egg T55 flour cornflour
Mix the softened butter with the icing sugar and the almond or hazelnut powder.
5. Add the egg, mix, then finish with the flour and cornflour, without overworking the dough.
6. Form a ball, wrap it and refrigerate for at least 1h30.
7. Then roll out the dough, line your ring (mine is 18cm in diameter and 6cm in height) previously buttered, and refrigerate again.
8. Cocoa nib cream: whole milk whole liquid cream cocoa nibs 3 egg yolks 1 egg cane sugar cornflour flour
About whole milk About whole liquid cream butter
In a saucepan, bring the milk and cream with the nibs to a boil.
9. Cover the saucepan and let it infuse for at least 2 hours (I left it overnight).
10. Then, strain the liquid & weigh it.
11. Add the missing weight to reach , half milk, half cream (if you weigh , add cream and milk for example).
12. Heat the mixture.
13. Meanwhile, whisk the egg yolks, the egg and the sugar.
14. Add the cornflour and flour, mix again.
15. Pour the hot liquid over the eggs while mixing well, pour everything back into the saucepan, then thicken over medium heat.
16. Off the heat add the butter cut into small pieces, mix well, then pour over the sweet pastry.
17. Bake in the preheated oven at 180°C for 25 minutes, then let cool.

18. Decorate with chocolate and nibs as you wish then enjoy!

Recette imprimée depuis www.iletaitungateau.com