



Glazed Strawberry & Blueberry Flan



DIFFICULTY: MEDIUM



PREPARATION TIME: 1 HOUR COOKING TIME: 20 MINUTES
PLUS COOLING TIME



SERVES: 10

Ingredients

Pastry

- 1 cup flour
- 1/3 cup icing sugar
- 1/2 cup almond meal
- 125g butter, softened
- 1 egg yolk

Custard Filling

- 2/3 cup sugar
- 1/2 cup custard powder
- 4 egg yolks, lightly beaten
- 2 1/2 cups milk
- 90g butter, softened
- 2 tsps vanilla essence

Topping

- 2 x 250g punnet's strawberries, halved
- 2 x 125g punnet's blueberries
- 2 tbsps apricot jam
- 2 tsps water

Method

Sift the flour and icing sugar into a bowl and add the almond meal. Rub the butter into the flour mixture until mixture resembles breadcrumbs. Add the egg yolk and bring the mixture together to form a dough. Wrap in plastic wrap and rest while you prepare the filling.

Combine the sugar and the custard powder in a medium size bowl. In a separate bowl, use a balloon whisk combine the egg yolks and milk and whisk lightly until well combined. Using the whisk gradually blend some of the egg mix into the custard powder and sugar and mix to form a smooth paste. Blend in the remaining milk & egg mix. Transfer the mixture to a saucepan and cook over a medium heat, Induction level 6, stirring constantly with a whisk until the mixture boils and thickens. Place the mixture into a bowl and cover the surface of the custard with plastic wrap to prevent a skin from forming. Cool to room temperature.

While the custard is cooling preheat oven on CircoTherm® Intensive to 180°C and place the wire rack on shelf position 1. Place the pastry between 2 sheets of baking paper and roll out to a circle approximately 2mm to 3mm in thickness. Place the pastry into a 26cm flan pan and pierce the base and sides with a fork.

Bake for 15 to 18 minutes or until golden and cooked. Cool completely.

Cream the butter & vanilla for the custard filling with an electric mixer. Gradually add the cooled custard mixture, beating well after each addition.

Spoon the custard filling into the cooled pastry shell and smooth the surface. Arrange the strawberries and blueberries on top.

Combine the apricot jam and the water in a microwave suitable dish and mix well. Cook on Microwave function 600W for 20 to 30 seconds or until warmed then brush over the surface of the fruit to glaze.

Notes
