

BRIOCHE WITH CRÈME PÂTISSIÈRE



SERVES
6 PER



METHOD
BAKE



MINUTES
60



DIFFICULTY
3/10



MAKES 1 FLAN

Your Choice of Pastry Dough:

Shortcrust, Sweet, Puff Pastry

1 Egg

¼ Cup + 2 Tsp (60g) Granulated Sugar

2 Tbsp (24g) Cornstarch

1 ¼ Tsp Vanilla Extract

¼ Cup (60ml) Heavy Whipping Cream

1 Cup (240ml) Whole Milk

Trace your Cocotte Baking Mold using a knife and cut a single circle

Place into the bottom of the baking mold and cut two strips of dough equal length 2¼" by 6¾"

Place inside the mold on the edges pinch/press the bottom edges to combine with the bottom circular dough piece

Freeze while preparing pastry cream

In a bowl whisk together 1 egg with ½ the sugar and the cornstarch

Add heavy whipping cream and whisk again, set aside for later

Place a pot on the stove and combine milk and the other half of the sugar along with vanilla extract

Mix and bring to boil under medium to high heat

When boiling (look for bubbles on the sides of the pot) pour hot milk over the egg/cornstarch mixture you set aside earlier

Mix everything and bring back to the cooking pot

Continue to cook under medium to high heat.

Whisk continuously until cream thickens and you have achieved a soft and smooth cream (mayonnaise consistency)

Transfer to a shallow dish, cover, and refrigerate for at least 1 hour prior to use or until cream is cold

Preheat oven to 430° F

Remove mold with dough inside from the freezer

Whisk cold cream before pouring into the Cocotte baking mold, smooth the top and bake

20 minutes at 430° F then 10 minutes at 465° F to achieve a browned top.

Let Flan cool completely

It is always better if eaten cold so let it chill in the refrigerator overnight!

ENJOY!

