

LES GARNITURES

SIDE DISHES

Le flan de légumes Vegetable flan

Ingredients for 8 servings

Basis	
Vegetables : (mushrooms, carrots, courgettes/zuchinis, turnips, spinach...)	0,750kg
Butter :	0,030kg
Coarse salt :	to taste
Basic savoury mixture	
<u>The ingredients</u>	
Light cream fleurette	0,400l
Eggs	3 pieces
Egg yolks	1 piece
<u>Seasoning</u>	
Salt	to taste
Cayenne pepper or White pepper	to taste
Nutmeg	to taste
To grease flan tins:	
Butter	0,030kg

Utensils

Spatula (spatule)
Saute pan (sautoir)
Greaseproof paper (papier sulfurisé)
Paring knife (couteau d'office)
Metal dish (plaque à débarrasser)

To make a vegetable flan, vegetables are diced whereas for a mousse vegetables are reduced in a purée.

Double-boiler cooking in an oven at 150°C-160°C.

Video

How to make a vegetable flan.

You will need vegetables cut in small dices and braised in butter,

A double-boiler lined with greaseproof paper,

Clarified butter,

You'll also need bakenproof tins and a basic savoury cream mixture.

- Butter the flan tins,
- Brush the inside of the tins turning out wise,
- Line the bottom of each tin with the vegetable of your choice. Here, decoratively grooved slices of carrots;

- Pour the braised vegetables into the mixing bowl,
- Add and strain the savoury cream mixture through a conical sieve,
- Stir gently,
- Fill each tin to three quarters with the mixture,
- Place them in a double-boiler filled with hot water,
- Greaseproof paper will prevent any water bubble from getting into the flans if the water boils;
- Place them in the oven at about 150°C for 25 to 30 minutes,
- Check cooking by inserting a trussing needle, if the needle comes out dry the flans are cooked;
- Run a fine knife blade around the edge of the tin to unstick the flan then turn upside down to remove,
- It is best to glaze the flans just before serving.