

Honey Pastry Flan with Diamond Shortbread



Phil Mielleux

N° 1538

Other applications:

Viennoiserie, confectionery, chocolate making

1. Honey puff pastry

Strong white flour: 89 g
Phil Mielleux: 110 g
Salt: 20 g

Water: 500 g
Butter for laminating: 750 g

Prepare the puff pastry using the traditional method. Give the dough two single turns, then leave it to rest in the refrigerator for 3 hours.

Give the dough a third single turn, then roll it out to a thickness of 2 cm. Refrigerate for at least 1 hour.

Cut long strips of dough, 1 cm wide, and place them flat on top of the dough, with the layers of pastry facing upwards. Refrigerate for 30 minutes.

Roll out the dough to a thickness of 2 mm, then refrigerate again for 30 minutes.

Cut a strip measuring 46 x 5.5 cm and line a 14 cm diameter ring with it. Place a greased 12 cm diameter ring inside to help maintain the shape of the pastry during baking.

Bake at 160°C for 30 minutes.

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2. Diamond shortbread

Butter: 85 g
Brown sugar: 45 g

Flour: 115 g
Egg yolks: 10 g

Mix the butter and brown sugar until smooth and homogeneous. Add the flour, then incorporate the egg yolk.

Roll out the dough to a thickness of 2.5 mm, then cut out a 12 cm diameter disc.

Bake at 160°C for 15 minutes. Leave to cool before assembling.

3. Honey Flan filling

Milk: 375 g
Cream: 125 g
Eggs: 75 g
Egg yolks: 30 g

Sugar: 100 g
Cornflour: 20 g
Cream: 100 g
Phil Mielleux: 43,5 g

Prepare a pastry cream by thoroughly mixing the Phil Mielleux and cornflour until smooth and free of lumps.

Continue preparing the cream according to the recipe, then cook until thickened. Once cooked, add the second portion of cream and blend until smooth and homogeneous.

4. Assembly and final baking

Place the diamond shortbread disc at the bottom of the pre-baked puff pastry shell.

Pour the flan filling into the pastry shell and smooth the surface if necessary.

Leave to form a skin at room temperature for 1 hour.

Bake at 190°C for 15-20 minutes, until the surface is nicely browned.

Leave to cool before removing the ring.

Indicative data. It depends on ingredients and equipment used.
Please do not hesitate to contact one of our technicians for any adaptation.

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