

French Apple Flan



You will need a round flan tin and a container to take your French apple flan home in.

Ingredients for Shortcrust Pastry:

200g Plain Flour
50g Butter
50g Lard / Trex
40ml Cold Water (approximately)
Pinch of Salt

Ingredients for Filling:

150ml Milk
2 Eating Apples
1 Egg
1 Tablespoon Cornflour
1 Teaspoon Caster Sugar

Ingredients for Glaze:

8 Tablespoons Apricot Jam
Icing Sugar for Dusting
1 Tablespoon Juice of a Lemon
1 Tablespoon Water
½ Teaspoon Vanilla Essence



Method:

1. Preheat the oven to 200°C or Gas Mark 6
2. Grease a flan ring.
3. Weigh and measure out all the ingredients accurately.
4. Cut the butter and lard / Trex into small even size pieces.
5. Sieve the plain flour into a large mixing bowl. Add the salt, butter and lard / Trex. Shake the bowl.
6. Rub fat into the flour with your fingertips until it resembles breadcrumbs. Shake the bowl and any lumps will rise to the top, continue with this method until all the lumps have disappeared.
7. Measure the 40ml cold water into a jug on the weighing scales.
8. Make a well in the middle of the breadcrumbs and add the water a little at a time, mixing with a round-bladed knife until it forms a dough.
9. Roll out the pastry on a lightly floured work surface to approximately 5mm thick and line the pastry in the flan ring. Remember to always roll forward to ensure the pressure is even.
10. Line the pastry base with greaseproof paper and baking beans or rice. Blind bake for 15 minutes.
11. Prepare the custard by blending the cornflour and caster sugar with a drop of milk in a measuring jug.
12. Place a small saucepan on the front of the hob. DO NOT turn on. Add the remaining milk and gently heat until boiling.
13. Add the boiled milk to the blended cornflour mixture in the measuring jug and mix thoroughly.
14. Transfer the mixture back into the small saucepan, place on the front of the hob and reheat on a low heat, until thick. Ensure you stir the mixture constantly so the cornflour does not settle at the bottom of the saucepan. Once thick, remove the saucepan from the hob and place on a pan stand to cool a little.
15. In 2 small bowls separate the egg yolks from the egg white.
16. Add the egg yolk and vanilla essence to the mixture in the saucepan and mix well.
17. Pour custard mixture into the flan case and spread evenly.
18. Cut the lemon in half and juice.
19. Core the apples using an apple corer.
20. Cut the apples into quarters. Leave the skin on and cut into thin even slices.
21. Arrange the slices round the custard pin-wheel style and brush with the lemon juice.
22. Warm the apricot jam with 1 tablespoon of water in a saucepan or microwave and brush over the apples.
23. Place the flan ring on a baking tray. Bake for 25 to 30 minutes until the apples are tender when tested with a fine skewer.
24. Leave the flan to cool in the tin for 10 minutes.
25. Serve warm or cold, dusted with icing sugar.



Adaptations:

- Replace apples with other fruit.
- Glaze with other flavour jam e.g. strawberry
- Use wholemeal flour to replace plain flour to increase the fibre content. More liquid will need to be added to pastry mix.