

FLAN GARNITURE/CUSTARD FILLING FOR BAKED FRUIT TARTS

- 3 large eggs
- 25 g / ¼ cup almond flour
- 100 g / ½ cup sugar
- 25 g / 2 tablespoons melted butter
- 160 ml / 2/3 cup heavy cream
- 7 g / ½ tablespoon flour
- 7 ml / ½ tablespoon vanilla

- OPT 30 g / ¼ cup pistachios

In a medium bowl mix all the ingredients (except nuts, if using) for 2 minutes to obtain a homogeneous mixture.

For a nine inch tart with the crust already blind baked :

1. Preheat your oven to 350°F.
2. Place 7 ounces of fruit of choice in the previously baked crust.
3. Sprinkle the nuts over the fruit.
4. Pour the custard mixture over the fruit/nuts.
5. Bake about 40 minutes until the filling is set.
6. Cool. Serve slightly warm or at room temperature. Best eaten the day it is made, although it will keep covered in the fridge for a couple of days.

NOTE : you can use fresh or frozen fruit. For frozen fruit use directly from the freezer – do NOT thaw first (it becomes mushy and watery !).