

## **FLAN PARISIEN/CUSTARD TART**

For one 20-22 cm / 8-9" tart or eight 80 mm / ~3" individual tarts

## **PÂTE BRISÉE/FLAKY PIE/TART DOUGH**

Enough for two 220-240 mm/9 inch *tartes*

- 325 g / 2 ½ cups (11.5 ounces) flour
- 15 g / 1 tablespoon sugar
- 4 g / ¾ teaspoon salt
- 227 g / 2 sticks (8 ounces) cold butter, diced (½ small dice/½ medium dice)  
(for extra buttery and flaky dough increase butter to 260 g/9 ounces)
- 60-120 ml / 4-8 tablespoons cold water

### **By hand:**

1. Mix flour, sugar and salt in a bowl large enough to comfortably accommodate your hands.
2. Sand in the small dice butter with your fingertips to achieve coarse crumbs.
3. Mix in the medium dice butter by flattening it between your fingertips, leaving "flakes" of butter visible in the mixture.
4. Add half of the water and mix gently with a fork until the dough starts to come together. Assess the hydration by picking up and squeezing a portion of dough. If still crumbly, add additional water, a tablespoon at a time as necessary, to bring the dough together. Do not overwork.
5. Turn the dough out onto a piece of plastic wrap and roughly pat into a 6"x10" rectangle. Fold in thirds then pat out again into a rectangle. Turn 90 degrees, fold in thirds again.
6. Divide dough in two, wrap each in plastic wrap and chill for at least one hour before use (or pop one in the freezer for later!).

## **CUSTARD FILLING**

- 600 g / 2.5 cups whole milk
- 160 g / 2/3 cup heavy cream
- 4 large eggs (OPT: 3 large eggs and 3 yolks - you're going for total egg weight 200 g whichever way you do it)
- 160 g / 1.5 cups + 2 teaspoons granulated sugar
- 60 g / 7 tablespoons cornstarch
- pinch of salt

- 2 vanilla beans or 2 teaspoons vanilla extract

**PROCESS:** the dough does not have to be blind baked for this recipe.

1. Remove the bottom from a 9" removable bottom tart pan or use an open 8" - 9" cake ring (easier to remove!). Place on a parchment lined sheet pan.
2. Heat your oven to 400°F.
3. On a lightly floured surface roll the *pâte brisée* out to a circle approximately 12" in diameter, about 3 mm thick. Let rest about 5 minutes.
4. Ease the dough into the chosen form and line it, making sure not to stretch or force the dough. Press/shape the dough into the bottom angles of the form and along the insides up to the rim to create precise edges. Remove any overhanging dough with a paring knife. Prick the dough all over with a fork. Place the lined form on the sheet pan in the freezer for 30 minutes or so. NOTE: this can be done a day or two ahead and kept frozen until ready to bake.
5. For the custard, place milk, cream, half the sugar and the 2 split and scraped vanilla beans (if using) with their seeds in a medium sauce pan over low heat.
6. In a separate bowl whisk the other half of the sugar with the cornstarch and whisk in the eggs and yolks (if using) until smooth.
7. Bring the dairy up to a boil then temper half of it into the egg mixture, whisking thoroughly. Return all to the saucepan and cook while whisking constantly until the mixture thickens and starts to boil (blub-blub).
8. Remove from heat and whisk in the vanilla extract if using. If desired, retrieve the vanilla pods, rinse, let air dry overnight and place in a container of sugar to create your own vanilla sugar!
9. Immediately pour the hot cream into the lined tart form and bake for 10 minutes at 400°. Reduce the temp to 375° and continue baking another 40-45 minutes, rotating the pan about half way through. Remember every oven is different.
10. Check frequently - look for a darkly browned surface and a set custard with just a hint of a jiggle.
11. Remove from the oven and place on a wire grid to cool for an hour or so. Then place in the fridge overnight for a good chill before serving.
12. Once chilled it's easier to remove from the form and slice.