

BELCOLADE

FLAN AU CHOCOLAT

Complexity level   



COMPOSITION

For 30 parts of 80g

1. Cacao Shortcrust
2. Chocolate Flan Composition



Created by Jeffrey De Weyer

Custard tarts or flan pâtissier/Parisien are a baked pastry consisting of an outer pastry crust filled with egg custard.



INGREDIENTS

1. Cacao Shortcrust

Belcolade Premium Dutch Cacao Powder Cacao-Trace	85 g
Butter	250 g
Salt	5 g
Brown Sugar	200 g
Whole Eggs	75 g
Wheat flour all purpose	415 g
Baking Powder	2 g

PREPARATION

Composition part

- Mix everything together to obtain a homogenous texture.
- Put the pâte sucrée in the fridge and let it sit overnight.
- Roll out the dough on 3 mm and put in a baking mold. You don't need to do a pre-bake; you can add directly the flan composition in the baking molds.

2. Chocolate Flan Composition

Belcolade Origins Noir Uganda 80% Organic Cacao-Trace	90 g
Whole Milk	1000 g
Cream 35%	230 g
Vanille Pod	2 g
Sugar	320 g
Corn Starch	75 g
Egg Yolk	210 g

Composition part

- Boil the milk together with the cream and vanilla pod, add the **Belcolade Origins Noir Uganda 80% Organic Cacao-Trace** and give a short mix.
- Make a composition from the sugar, corn starch and egg yolk. Bring both together and make custard.
- Put immediately in the pre-molded baking rings with pâte sucrée.
- Put it directly in the oven for 9 minutes on 215 °C.

Assembly

- Make the cocoa short crust and put in baking rings.
- Keep in the fridge of 4°C.
- Fill the rings directly with the fresh made custard.
- Bake for 9 minutes on 215°C.

Nutritional value per 100g*	Energy (kJ / kcal)	Fat / Saturated Fat	Carbohydrates / Sugars	Fibers	Proteins	Salt
	1229.2 / 293.86	15.13 g / 8.96 g	26.85 g / 13.47 g	1.49 g	5.2 g	0.24 g

*Indicative values based on theoretical calculations.

Discover more recipes on
www.belcolade.com

BELCOLADE
THE REAL BELGIAN CHOCOLATE