

No-bake caramel flan - Virtual Workshop

Version

Recipe for 2 portions

Description

Enjoy different and simple techniques that will allow you to please everyone.

Note

Be careful when cooking your caramel, if it becomes too dark, you will give it a bitter taste.

Ingredients

Custard

- 40 Gr Butter
- 45 Gr Flour
- 375 Ml Milk
- 30 Gr Sugar
- 0.50 Tsp Vanilla extract

Soft caramel

- 10 Gr Cornstarch
- 100 Ml Water
- 45 Gr Sugar
- 50 Ml Water

Preparation

- Preparation time **60.00 mins**
- Resting time **30.00 mins**

Things to do before the workshop

Ingredients

Make sure you have all of your ingredients ready.

Materials

1 saucepan (making the custard) + 1 whisk + 2 verrines

1 frying pan (making the caramel) + 1 wooden or silicone spatula

1 small knife (office) + 1 small bowl (starch and water) + 1 small whisk or fork.

Custard

In a saucepan, melt the butter, add the flour, stir regularly, ensure a homogeneous mixture and continue cooking for 2 to 3 minutes.

Gradually pour in the milk, whisking continuously, lower the heat until you reach simmering, add the sugar and vanilla.

Continue cooking until a smooth cream is obtained. Pour this cream into your verrines..

Make sure to smooth the surface, let stand in the refrigerator for 30 minutes.

Soft caramel

In the bowl, dilute the cornstarch with the water (100 ml) using a whisk or a fork, leave the bowl aside on the counter.

In a hot pan, cover the surface with sugar, let the sugar melt, mix from time to time with your spatula. Be careful not to brown the caramel too much.

Once a golden caramelization is obtained, add the water (50 ml), deglaze the caramel until the pieces of caramel are dissolved again.

To finish, add the first mixture of starch and water, continue to mix until obtaining a smooth and shiny caramel.

All you have to do is pour it delicately over your custard cream in the fridge.

Leave to rest before tasting.

Bon appétit!