

Maple sugar caramelized flan and Honey maid cookie crumble - Virtual class

Recipe for 2

Description

Like a Catalan cream but with the flavors of Quebec.

Note

A cream that allows you the finish you want.

You can add any spices or citrus fruits of your choice.

Ingredients

Quick flan

- 250 Ml Milk
- 1 Unit(s) Lemon zests
- 20 Ml Maple syrup
- 30 Gr Sugar
- 2 Berries Egg yolk
- 8 Gr Cornstarch

Finition

- 2 Tbsp Maple sugar
- 1 Tbsp Sugar
- 4 Unit(s) Graham biscuit

Preparation

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

Plan before the video course

Ingredients

Grate the lemon and orange peels and keep them in the refrigerator. Weigh the recipe, collect the ramekins in which you will serve the cream. For the finishing touch, mix together the sugar and brown sugar, keep it on the counter.

Materials

1 saucepan (cooking), 1 whisk, 1 bowl (mixing) 1 citrus grater (zester), 1 fine strainer. 2 clean table cloths, 1 heatproof mat, 2 bowls (separation of yolks and egg whites), 4 Ramequins or bowls for presentation, 1 kitchen blowtorch if not we will use the oven on Broil

Baking

Clarify the eggs. Pour the milk into a saucepan, add the lemon peel and place the saucepan over medium heat. Once the milk is boiling, remove it from the pan and add the sugar and maple syrup, mix with a whisk, the sugar must be completely dissolved. In a bowl, whisk the yolks and cornstarch, once the mixture is smooth, add the hot milk through a sieve (to retain the zest). Whisk well again. Return to medium heat, whisk over the entire surface, the mixture will thicken, at the first simmer stop cooking. Pour the cream into the ramekins, place them in the refrigerator.

Finition

Once the creams are warm or cold, spread a thin layer of white sugar and maple on the surface, caramelize the surface with a blowtorch or with the oven broiler.

Serve the cream with the cookie of your choice.

Enjoy your meal.

Bon appétit!