Fruit flan

Recipe by V-ZUG Ltd.



Preparation	20 Mins
Resting time	30 Mins
Cooking time	45 Mins
Piece	1
Appliance	Combair V2000 from 2021

Crisp pastry, plenty of fruit and a creamy filling. Whether using plums, apples or cherries – most types of fruit can be used to make a juicy flan. Whether using hazelnuts, almonds or breadcrumbs, home-made or ready-made pastry – fruit flans are ideal for using up juicy seasonal fruit.

Pastry

250 g white flour

½ tsp salt

150 g butter, cold, cut into cubes

3 tbsp ice-cold water

Shaping

Some white flour for shaping

Filling

40 g ground hazelnuts

1 kg seasonal fruit, in slices (e.g. apricots, plums, apples and/or cherries)

250 ml single cream

2 eggs

2 tbsp sugar

Pastry

Mix the flour and salt in a bowl. Add the cubes of butter, then quickly rub in by hand until the mixture resembles breadcrumbs. Add the water and work into a pastry – do not knead. Cover the pastry and refrigerate for at least 30 minutes.

Shaping

On a lightly floured work surface, roll out the pastry into a round about 2 mm thick, place in the prepared tin, prick the pastry base well with a fork, cover and refrigerate for at least 15 minutes.

Flan

Preheat the cooking space to 180 °C using the PizzaPlus mode. Spread the ground hazelnuts over the base and arrange the fruit on top. Whisk the single cream, eggs and sugar together in a measuring jug, then pour over the fruit. Put the tin on a wire shelf in the preheated cooking space and bake for about 45 minutes. Take out the fruit flan and allow to cool slightly.

(Pre-)heat cooking space to 180 °C with PizzaPlus

Put the pastry in

PizzaPlus 180 °C for 45 Mins

Tips

Use a dough scraper initially to cut the butter into the flour. The heat from your hands will melt the butter, which you want to avoid.

The pastry can be made in a food processor instead of by hand. Pulse the flour, salt and cubes of butter, add the water, pulse briefly, bring the pastry together on the work surface, then refrigerate as described.

Accessories

Flan or tart tin (about 28–30 cm in diameter), lined with baking paper or greased and floured

Wire shelf

Additional information

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