



Plum flan with spelt pastry

מתכון מאת V-ZUG Ltd.



| | |
|--------------|-----------------------|
| Preparation | 45 Mins |
| Resting time | 1 Hrs |
| Cooking time | 45 Mins |
| מנות | 6 |
| התקן | Combair SEP from 2015 |

Spelt pastry

225 g spelt flour, light

100 g butter, cold

2 tbsp muscovado sugar, Sugar can be used as an alternative.

1 sachet of vanilla sugar

½ tsp Salt

80 g water, cold

Put the spelt flour and butter in a mixing bowl and rub the mixture between your fingers until it resembles breadcrumbs. Add the rest of the ingredients and knead into a firm dough. Refrigerate the dough for about 1 hour.

Flan

40 g almonds, ground

700 g plums

½ vanilla pod

250 ml cream

2 eggs

40 g sugar

Put the baking tray into the cold cooking space for preheating. Preheat.

(Pre-)heat cooking space to 175 °C with PizzaPlus

Roll out the spelt pastry, line the round baking tray with it and prick all over with a fork. Sprinkle the ground almonds over the base of the pastry case.

Wash and halve the plums, then scatter them over the base of the pastry case.

For the topping, scrape the vanilla seeds out of the pod and mix them with the rest of the ingredients. Pour the topping over the plums.

Put the flan on the baking tray in the preheated cooking space. Bake.





Put the food in

PizzaPlus 175 °C for 45 Mins

After baking, turn the flan out of the tin and allow to cool.

אביזרים

ø29 cm round TopClean baking tray

Baking tray

מידע נוסף

הופק ביום

11.12.2019

