Plum flan with spelt pastry

Recipe by V-ZUG Ltd.



Preparation
Cooking time
Portions 6

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.

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

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

Accessories

ø29 cm round TopClean baking tray

Baking tray

Additional information

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