



## **Fruit Flan Recipe (Dairy Free)**

Nuttelex Bakers Blend (80% fat) can be used to create delicious tender pastry. It's a neutral flavour is so easy to add to baking. Pastry made with Bakers Blend is very easy to roll and shape, compared to butter, and has minimal shrinkage when baking. Yield - 1320g pastry - 2 x 23cm flans

### **Ingredients:**

400g Nuttelex Bakers Blend 80% fat  
200g caster sugar  
1 teaspoon good quality vanilla paste  
2 x 60g egg  
720g plain flour  
The Topping- 250g fresh berries, or glace fruits

### **Method:**

1. Using an electric stand mixer cream Nuttelex, sugar and vanilla for 2 minutes.
2. Add eggs and mix until just combined.
3. Add flour and mix until just combined. Do not overmix. Portion and wrap in plastic wrap. Rest for 30 minutes in fridge.
4. Roll pastry to 4mm thickness and line 2 x 23cm pastry flan pans. Freeze for 30 minutes.
5. Blind bake at 200° C (180 °C fan forced ) for 15 minutes. Remove loading and bake for a further 15 minutes or until golden brown

## **The creme patisserie**

### **Ingredients:**

1 litre plant based milk  
80 g caster sugar  
1 teaspoon vanilla bean paste  
6 egg yolks  
90g caster sugar (extra)  
100g cornflour

### **Method:**

1. Bring the milk , caster sugar and vanilla to the boil. Meanwhile, whisk eggs, extra sugar and cornflour to form a paste.
2. Carefully pour small amount of boiled milk onto the egg yolk paste, whisking to incorporate the hot milk. Continue to add the milk, whisking until combined.
3. Pour into heavy based saucepan. Whisk continually over a medium heat until temperature reaches around 72° C or until it thickens.
4. Place over iced water to chill, cover with plastic wrap. Chill until required. When ready to use, remove from fridge & beat until smooth.

## **The Assembly**

Fill cooled flans with creme patisserie and decorate with seasonal fruit . Lightly brush with fruit glaze.



## 無奶純素水果撻

NutteleX 烘焙系列 ( 油脂含量 80% ) 可用於製作美味的糕點。天然風味，很容易添加到烘焙中。與奶油相比，用 NutteleX 烘焙系列黃油製成的糕點非常容易捲製和成型，並且烘烤時的收縮率極小。

## 水果

250 克 新鮮莓果或糖霜水果

## 鬆脆甜酥皮

可製作出的糕點數量 - 1320 克酥皮

2 x 23 公分餡餅

## 食材：

400 克 NutteleX 烘焙系列黃油 ( 油脂含量 80% )

200 克 細砂糖

1 茶匙優質香草醬

2 x 60 克雞蛋

720 克普通麵粉

做法：

1. 使用桌上型電動攪拌器將 Nuttelex、糖和香草醬攪拌 2 分鐘。
2. 加入雞蛋並攪拌至完全混合。
3. 加入麵粉，攪拌均勻。不要過度攪拌。分裝並用保鮮膜包裹。放入冰箱冷藏 30 分鐘。
4. 將糕點擀成 4 毫米厚，舖在 2 x 23 公分糕點烤盤上。冷凍 30 分鐘。
5. 200°C ( 風扇強制 180°C ) 盲烤 ( 預烘焙 ) 15 分鐘。取出內餡，再烘烤 15 分鐘或至金黃色

甜點師奶醬/ 卡士達醬

食材：

- 1 公升植物奶
- 80 克 細砂糖
- 1 茶匙香草醬
- 6 個蛋黃
- 90 克細砂糖 ( 額外 )
- 100 克玉米粉

做法：

1. 將牛奶、細砂糖和香草精煮沸。同時，將雞蛋、額外的糖和玉米粉攪拌成糊狀。
2. 將少量煮沸的牛奶倒入蛋黃糊中，攪拌以融入熱牛奶。繼續加入牛奶，攪拌至均勻。
3. 倒入厚底鍋中。以中火持續攪拌，直到溫度達到 72°C 左右或直至變稠。
4. 放在冰水中冷卻，蓋上保鮮膜。放入冰箱應冷藏備用。使用前，從冰箱中取出並攪拌至光滑。

組合

將冷卻的餡餅填滿甜點師奶醬，並用時令水果裝飾。輕輕刷上水果釉。