



RÉMY COINTREAU

GASTRONOMIE



COSMOPOLITAN FLAN

COINTREAU®, LIME & BLUEBERRY FLAN



THE CHEF

Original creation by
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Crédits photos : portrait @JoannPai - dessert @yourimougel

Recipe for 50 individual flans

1. BASE DOUGH

CLASSIC BLUEBERRY PUFF PASTRY

9 g white vinegar
203 g blueberry juice
16 g salt
66 g melted unsalted butter
442 g T55 flour

Blueberry juice: Juice the wild blueberries.

Day 1: In the bowl of a stand mixer fitted with the dough hook, combine the blueberry juice and vinegar. Add the salt, then the flour, and finally the melted butter. Knead on low speed until the dough comes together without becoming too firm. Shape the dough into a rectangle measuring approximately 20 x 30 cm. Let rest at 4°C.

CLASSIC PLAIN PUFF PASTRY

18 g white vinegar
406 g water
32 g salt
132 g melted unsalted butter
884 g T55 flour
1 130 g laminated butter

Day 1: In the bowl of a stand mixer fitted with the dough hook, combine the water and vinegar. Add the salt, then the flour, and finally the melted unsalted butter. Knead on low speed until the dough comes together without becoming too firm. Divide the dough into two equal portions. Shape each portion into a rectangle measuring about 20 x 30 cm. Let rest at 4°C.

Day 2: Divide the laminated butter into two portions: use 1/3 for the plain puff pastry and the remaining 2/3 for the blueberry puff pastry.

For the plain puff pastry, fold the laminated butter into the plain dough. Perform one single turn.

For the blueberry puff pastry, roll out the laminated butter to the same size as the remaining plain dough and the blueberry dough. Encase the laminated butter between the two dough pieces (with the plain dough underneath the butter and the blueberry dough on top of the butter). Give it one simple turn by folding the blueberry dough inward.

Day 3: Give one single turn in the morning, then one single turn at the end of the day.

For the blueberry puff pastry, aim for a width of about 18 cm on the final turn.

Day 4: Roll out the plain puff pastry to a thickness of 2 mm. Roll out the blueberry puff pastry to a thickness of 20 mm.

2. COINTREAU® & LIME FLAN BASE

850 g whole milk
850 g heavy cream
260 g caster sugar
115 g cornstarch
14 g lime zest
140 g Cointreau® 60%

Mix the sugar and cornstarch together in a dry bowl. Combine the milk and cream in a saucepan, then pour a small amount of the cold mixture into the dry ingredients to moisten them. Bring the milk and cream to a boil in the saucepan. Proceed as you would for pastry cream. Stop cooking as soon as it comes to a boil. Add the Cointreau® and lime zest. Remove from heat and cool quickly to 4°C.

3. WILD BLUEBERRY MARMALADE

235 g wild blueberries
88 g caster sugar
2 g NH pectin
1 g lime zest
8 g gelatin mass

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RÉMY MARTIN
COGNAC FINE CHAMPAGNE

MOUNT GAY
Barbados Rum 1703

ST-RÉMY

PORT CHARLOTTE

THE BOTANIST
ISLAY DRY GIN

METAXA

"Iles du Vent"

Jacobsen

Père MAGLOIRE®

Griottines®
COINTREAU

Amarena-
COINTREAU



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Mix the sugar and pectin together in a dry bowl, then add to the blueberries. Cook until it comes to a boil, being careful not to overcook the blueberries. Add the lime zest and gelatin, remove from heat.

4. OPALINE

150 g glucose
150 g fondant

Cook the glucose and fondant together until they turn a caramel color. Transfer to a Silpat and let cool. Blend in a Thermomix until you have a fine powder. Store in an airtight container with calcium chloride.

5. LINING THE FLAN MOLDS

BLUEBERRY PUFF PASTRY

Roll out the dough to a thickness of 20 mm, with a width of 18 cm along the cut edge. Use a utility knife to cut slices approximately 4 mm thick.

PLAIN PUFF PASTRY

Roll out the dough to 2 mm thick. Cut into strips 18 cm wide and 45–50 cm long.

Lightly moisten the top with a brush, then arrange the blueberry puff pastry strips side by side. Let rest at 4°C for at least 1 hour.

Roll out with a rolling pin to 2 mm (to lengthen the strips, not widen them) and let rest in the refrigerator before use. Cut into strips measuring 16.5 x 4 cm.

Butter rings 3.5 cm high and 5 cm in diameter, and place them on a baking sheet lined with Silpain. Place the pastry strips in the rings with the ridges against the sides of the rings.

Roll out the scraps to 1 mm thick, let rest, prick with a pastry pricker, and cut out 4.8 cm diameter discs. Place them in the bottom of the molds. Let set in the freezer, then place rice bags in the center.

Let thaw and bake at 160°C for 30 minutes. Remove the rice bags. Continue baking if necessary.

6. ASSEMBLY

Sprinkle the outside of the baked puff pastry with opaline, place on a baking sheet lined with Silpain, and fill the center with flan mixture to 5 mm below the top edge (about 30 g per flan).

Bake at 160°C for 15 minutes.

Let cool before spreading blueberry jam on top (about 5 g per flan).

7. FINISHING

Garnish with 3 glazed blueberry halves and a few blueberry petals.

