



RÉMY COINTREAU

GASTRONOMIE

"Iles du Vent"

SWEET POTATO FLAN



THE CHEF

Original creation by
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Recipe for 2 circles ø 14 cm x 4 cm high

1.SHORT PASTRY

- 375 g flour T55
- 300 g butter
- 75 g milk
- 15 g egg yolk
- 22 g caster sugar
- 10 g Guérande salt

Sand the flour and butter in a food processor. Mix the milk, egg yolk, sugar and salt separately. Pour over the first mixture. Knead the dough until it is no longer sticky, then leave to rest for at least 2 hours in the fridge.

Roll out the pastry to a thickness of 3 mm and prick. Line the circles. Leave to rest in the fridge for at least 2 hours.

2.FLAN PREPARATION

- 750 g milk
- 200 g sweet potato puree
- 10 g vanilla paste
- 122 g egg yolk
- 150 g caster sugar
- 55 g flan powder
- 1 g salt
- 15 g butter
- 22.5 g Iles du Vent rum 54%

Heat the milk with the puree and some of the sugar. Separately, whisk the vanilla paste with the egg yolk, remaining sugar, flan powder and salt. When the milk comes to the boil, pour some of it into the previous mixture, stir well and evenly, then pour the mixture back into the remaining milk through a sieve. Return to the stove over a low heat, stirring constantly until the mixture comes to the boil. Remove the saucepan from the heat, add the butter and Iles du Vent rum, mixing evenly.

3.ASEMBLY

- 60 g diced cooked sweet potatoes
- S.Q. egg yolks / whole eggs

Bake the short pastry in a fan oven at 165°C for 20 minutes. Apply the egg gilding, previously strained through a fine sieve. Then place in the oven for 3 minutes.

Pour 150 g of flan preparation into each circle. Place the sweet potato cubes on top, then cover with 370 g of flan preparation. Smooth the surface. Set aside in the fridge for at least 4 hours.

Brush the surface with egg gilding and bake in the oven at 180°C for 1 hour to obtain a nice colour.

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ST-RÉMY
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MOUNT GAY
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