




Pea Flan

Ingredients for 30 flans, 4.5 cm in diameter and 3 cm high:

DEEP-FROZEN RAW PEAS	220 G	MILK	60 G
EGGS	4	SALT, PEPPER	
FLOUR	60 G		
LIGHT CREAM	500 G		

	Ingredients	Weight	Action	 Heat setting	 Speed	 Time	Lid opening	Comments
1	Peas	220 g	Put in bowl	–	3,500 rpm	1 min 30	Closed	
	Flour	60 g						
	Milk	60 g						
	Cream	500 g						
	Eggs	4						
	Salt	–						
	Pepper	–						
2			Strain preparation	–				Optional
3			Pour into flan cases Cook in steam oven at 95°C			15 min		Taste and adjust seasoning



CHEF’S TIP
The recipe can be varied using different types of cooked vegetables (broccoli, carrots, sweet corn, etc.)