

PARISIAN COCONUT FLAN TART

The Recipe

<https://cuisinedaubery.com/recipe/coconut-flan-tart/>

Treat yourself to this delicious Parisian Coconut Flan Tart: a melt-in-the-mouth texture, an exotic flavor, and a truly indulgent moment

Skill: Easy Level

Cuisine: French Cuisine

Courses: Dessert, Flan, Cake,

Ingredients

For a 9.44" (or 9 29/64" or 24 cm) in diameter cake pan

11 oz Puff Pastry Dough (300 grams) For the recipe, see [HERE](#)

3 1/2 Cups Coconut Cream (800 grams)

1 Vanilla Bean

3 Egg Yolks 4 Tablespoons or 60 grams

3 Eggs 1/3 Cup or 150 grams

2/3 Cup Sugar (160 grams)

2 Tablespoons Vanilla Sugar (20 grams) For the recipe, see [HERE](#)

1/3 Cup Corn Starch (40 grams)

1 Cup Shredded Coconut (100 grams)

1 tablespoon of Coconut Extract

some Neutral Glaze For the recipe, see [HERE](#)

For a 8.66" (or 8 21/32" or 22 cm) in diameter cake pan

9 oz Puff Pastry Dough (252 grams) For the recipe, see [HERE](#)

3 Cups Coconut Cream (672.2 grams)

0.8 Vanilla Bean

2.5 Egg Yolks 3 Tablespoons or 50 grams

2.5 Eggs 1/3 Cup or 125 grams

1/2 Cup Sugar (134.4 grams)

1 Tablespoon Vanilla Sugar (16.8 grams) For the recipe, see [HERE](#)

1/4 Cup Corn Starch (33.6 grams)

1 Cup Shredded Coconut (84 grams)

0.8 tablespoon of Coconut Extract

some Neutral Glaze For the recipe, see [HERE](#)

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For a 7.87" (or 7 7/8" or 20 cm) in diameter cake pan

7 oz Puff Pastry Dough (208.3 grams) For the recipe, see [HERE](#)

2 1/2 Cups Coconut Cream (555.5 grams)

0.6 Vanilla Bean

2 Egg Yolks 3 Tablespoons or 40 grams

2 Eggs 1/4 Cup or 100 grams

1/2 Cup Sugar (111.1 grams)

1 Tablespoon Vanilla Sugar (13.8 grams) For the recipe, see [HERE](#)

4 Tablespoons Corn Starch (27.7 grams)

3/4 Cup Shredded Coconut (69.4 grams)

0.6 tablespoon of Coconut Extract

some Neutral Glaze For the recipe, see [HERE](#)

For a 7.08" (or 7 3/32" or 18 cm) in diameter cake pan

6 oz Puff Pastry Dough (168.7 grams) For the recipe, see [HERE](#)

2 Cups Coconut Cream (450 grams)

0.5 Vanilla Bean

1.6 Egg Yolks 2 Tablespoons or 32 grams

1.6 Eggs 3 Tablespoons or 80 grams

1/2 Cup Sugar (90 grams)

2 teaspoons Vanilla Sugar (11.2 grams) For the recipe, see [HERE](#)

3 Tablespoons Corn Starch (22.5 grams)

1/2 Cup Shredded Coconut (56.2 grams)

0.5 tablespoon of Coconut Extract

some Neutral Glaze For the recipe, see [HERE](#)

Steps

The shortcrust

For this recipe, take a Puff Pastry Dough, or puff pastry scraps (unused dough remnants)

1. For the mold, take a "moule à manqué", a mold with a bottom. Take a mold height of 1.57" (or 1 37/64" or 4 cm) minimum
2. Line the mold with cold butter to spread over the entire surface
3. Then add flour, spread over the entire surface, then turn upside down over the sink to remove the excess

The batter

4. This recipe uses Coconut Cream instead of cream. Its consistency is thick
5. If you only find Coconut Milk which is more liquid, you will need to add more Corn Starch

A few words about Coco...

PARISIAN COCONUT FLAN TART

- Coconut Water is the water inside the coconut
- Coconut Cream is the result of the pulp being ground
- Coconut Milk is the pulp with added water, or sometimes, the pulp being pressed and filtered
- Coconut Purée is the result of coconut pulp being mixed with its own water
- Coconut Flakes is the result of coconut pulp being shaved and then air dried
- Coconut Butter is the result of the coconut flakes being grounded

Roasting

6. Roast the Shredded Coconut (1 Cup or 100 g) in the oven
7. Cook until lightly golden but not dark!
8. Scrape the Vanilla Bean (1)
9. Heat the Coconut Cream (3 1/2 Cups or 800 g) in a saucepan, with the seeds of Vanilla Bean
10. In a bowl, whisk (whisk) the Egg Yolks (3), the Eggs (3), the Vanilla Sugar (2 Tablespoons or 20 g) and the Sugar (2/3 Cup or 160 g)
11. Add the Corn Starch (1/3 Cup or 40 g) and whisk
12. Pour in the Coconut Extract (1 tablespoon) and whisk
13. As soon as boiling is reached, pour the contents of the saucepan into the bowl, while mixing
14. Pour the contents of the bowl back into the saucepan
15. Pour in the Shredded Coconut (1 Cup or 100 g)
16. Cook on low heat, while stirring (stirring to avoid a crust)
17. After a while, the cream sets: it becomes thick: Remove from heat
18. Immediately pour into a clean bowl to stop cooking
19. Wrap airtight
20. Wait 30 minutes at room temperature
21. Roll out the Puff Pastry Dough
22. Remove the mold from the cold, and place the dough
23. Pour the cream into the tart shell
24. Spread with an offset Icing Spatula
25. Wrap airtight (avoids crust formation)
26. Before chilling, you can create a border. For this, I took leftover dough that I rolled out into 3 strips, then braided them. Then with a little water, I glued this braid around the tart
27. Refrigerate for at least 4 hours : This stabilizes the cream

Baking

28. Remove from the cold, and remove the plastic wrap
29. Bake in preheated oven at 320 F / 160 C : baking takes about 1 hour
30. Remove, let cool at room temperature, wrap airtight
31. Cool down in the fridge for a few hours
32. As soon as it comes out of the oven: To make it shine, you can apply a small layer of Neutral Glaze with a brush
33. To finish, I sprinkled with Shredded Coconut, with a part toasted