

## PARISIAN FLAN PIE

### The Recipe

<https://cuisinedaubery.com/recipe/parisian-flan/>

The Parisian Flan (flan parisien) is a French classic made with a vanilla custard cooked like a pie you will find in all Pâtisseries

Servings: 10

Preparation Time: 30 Minutes

Cooking Time: 1 H

Ready in: 5 H

Skill: Easy Level

Cuisine: French Cuisine

Courses: Dessert, Flan, Tart

### Ingredients

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

1 lbs 15 oz Puff Pastry Dough (420 grams) For the recipe, see [HERE](#)

3 1/3 Cups Whole Milk (750 grams)

1 Cup Whipping Cream (250 grams)

3 Vanilla Beans

4 Tablespoons Egg Yolks (60 grams)

1/3 Cup Eggs (150 grams)

1 Cup Sugar (210 grams)

2/3 Cup Corn Starch (80 grams)

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

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

3/4lbs Puff Pastry Dough (352.9 grams) For the recipe, see [HERE](#)

2 3/4 Cups Whole Milk (630.2 grams)

1 Cup Whipping Cream (210 grams)

2.5 Vanilla Beans

3 Tablespoons Egg Yolks (50.4 grams)

1/3 Cup Eggs (126 grams)

3/4 Cup Sugar (176.4 grams)

1/2 Cup Corn Starch (67.2 grams)

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

## PARISIAN FLAN PIE

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

10 oz Puff Pastry Dough (291.6 grams) For the recipe, see [HERE](#)

2 1/3 Cups Whole Milk (520.8 grams)

3/4 Cup Whipping Cream (173.6 grams)

2 Vanilla Beans

3 Tablespoons Egg Yolks (41.6 grams)

1/4 Cup Eggs (104.1 grams)

2/3 Cup Sugar (145.8 grams)

1/2 Cup Corn Starch (55.5 grams)

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

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

1/2lbs Puff Pastry Dough (236.2 grams) For the recipe, see [HERE](#)

1 3/4 Cup Whole Milk (421.8 grams)

2/3 Cup Whipping Cream (140.6 grams)

1.6 Vanilla Beans

2 Tablespoons Egg Yolks (33.7 grams)

3 Tablespoons Eggs (84.3 grams)

1/2 Cup Sugar (118.1 grams)

1/3 Cup Corn Starch (45 grams)

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

## Steps

### The pie crust

Here's a photo of the parings of Puff pastry that were left after making the dessert "Love Napoleon"

Usually, I just put those away, but there were so many that I decided to recycle those parings

With this recipe, you can put those parings together and roll them down, as we don't need those

"layers". We are deconstructing the puff dough

Note: if you don't have parings, you may use Puff pastry simply. If you live in the States, you know it's difficult to find a quality one. Over the years, I tested a lot, and my favorite is at "Smart and Final" chain store, in the frozen section, and the brand is "Jecky's Best"

1. For the baking pan, take a dish that is oven proof and that is at least 1.57" (or 1 37/64" or 4 cm) deep

2. Butter and flour the pan (to avoid sticking)

3. Roll down the Puff Pastry Dough (1 lbs 15 oz or 420 g) with a rolling pin

4. Place the dough inside the pan

5. Place the pan into the fridge

### The batter

## PARISIAN FLAN PIE

6. Use the point of the knife to slice and then scrape the seeds loose from the Vanilla Beans (3)
7. Warm the Whole Milk (3 1/3 Cups or 750 g) and the Whipping Cream (1 Cup or 250 g) in a saucepan, with the seeds of the Vanilla Beans (3)
8. In a mixing bowl, whisk together the Egg Yolks (4 Tablespoons or 60 g), the Eggs (1/3 Cup or 150 g) and the Sugar (1 Cup or 210 g)
9. Add in the Corn Starch (2/3 Cup or 80 g) and whisk
10. When the liquid starts boiling, pour onto the bowl while whisking
11. Transfer back to the saucepan
12. Cook on low heat, while stirring until custard thickens
13. Once the cream has thickened, remove from heat
14. Take the pie crust out of the fridge and trim
15. Pour the thickened cream
16. Spread with an offset Icing Spatula
17. Wrap airtight (avoids to crust)
18. Refrigerate for at least 4 hours : this is necessary to "stabilize" the cream

### **Baking**

19. Remove from the fridge, and remove the plastic wrap
20. Bake in preheated oven at 320 F / 160 C (for approx. 1 hour)
21. Cool down at room temperature, then wrap airtight
22. Cool down in the fridge for a few hours
23. I then use some glazing for the shine effect : spread some Neutral Glaze with a brush
24. You may sift icing sugar on the edges