

FERRANDI  
PARIS

# CHOCOLATE

RECIPES AND TECHNIQUES  
FROM THE FERRANDI SCHOOL  
OF CULINARY ARTS



Flammarion

# CHOCOLATE CUSTARD TART

FLAN AU CHOCOLAT

## Serves 8

### Active time

45 minutes

### Chilling time

1 hour

### Freezing time

30 minutes

### Cooking time

45 minutes

### Storage

Up to 24 hours  
in the refrigerator

### Equipment

Stand mixer  
8-in. (20-cm) pastry  
ring, 1¾ in. (4.5 cm)  
deep  
Silicone baking mat

## Ingredients

### Cocoa short pastry

1 tbsp (20 g) egg yolk  
(about 1 yolk)

2 tbsp plus 1 tsp  
(35 ml) whole milk

1 cup plus 1 tbsp  
(4.5 oz./135 g) all-  
purpose flour, plus  
extra for dusting

7 tbsp (4 oz./110 g)  
butter, at room  
temperature, diced,  
plus extra for the  
pastry ring

1½ tbsp (20 g) sugar

1 pinch salt

2 tbsp (0.5 oz./15 g)  
unsweetened cocoa  
powder, sifted

### Chocolate custard filling

2 cups (500 ml)  
reduced-fat milk

⅔ cup (150 ml) heavy  
whipping cream

Scant ½ cup  
(4 oz./120 g) egg yolk  
(about 6 yolks)

⅔ cup (4.5 oz./130 g)  
sugar

2 tbsp (20 g) all-  
purpose flour

2½ tbsp (1 oz./25 g)  
cornstarch

5 oz. (150 g) dark  
chocolate, 70% cacao,  
chopped

### MAKING THE COCOA SHORT PASTRY

In a bowl, combine the egg yolk with the milk. Place the flour, butter, sugar, salt, and cocoa powder in the bowl of a stand mixer fitted with the paddle. Beat at medium speed until the mixture forms rough lumps. Beat in the milk and egg yolk mixture until you have a smooth dough. Shape the dough into a ball, cover in plastic wrap, and use the palm of your hand to flatten the dough into a disk to allow it to chill more quickly than if it is left in a large ball. Chill for at least 1 hour. Lightly grease the pastry ring and dust the work surface and the dough with flour. Place the pastry ring on the silicone mat (or a sheet of parchment paper on a baking sheet). Roll the dough into a round, ⅛ or ⅙ in. (2 or 3 mm) thick, and lift it into the pastry ring to line it neatly. Place the lined ring in the freezer for 30 minutes while you prepare the custard filling.

### MAKING THE CHOCOLATE CUSTARD FILLING

Preheat the oven to 340°F (170°C/Gas mark 3). In a saucepan over medium heat, bring the milk and cream to a boil. Meanwhile, in a mixing bowl, whisk the egg yolks with the sugar until pale and thick. Sift the flour with the cornstarch and incorporate into the egg yolk and sugar mixture. When the milk and cream come to a boil, carefully pour a little of the liquid into the bowl, whisking constantly, to thin the mixture and increase its temperature. Return the mixture to the saucepan over medium heat and continue cooking, whisking constantly, until the custard filling begins to thicken and simmer. Immediately remove from the heat, stir in the chocolate until melted and smooth, and pour into the tart shell. Smooth the surface with a spatula. Bake for 45 minutes, until the pastry is browned and the filling just set. The filling will rise and then deflate gently as it cools. Let the tart cool, remove the pastry ring, and refrigerate. Serve at room temperature.

