



Lebanese flan

ingredients : 40 cl milk • 35 g plain flour • 80 g sugar • 1 tablespoon orange flower water
For the syrup: 2 tablespoons water • 1 tablespoon rosewater • 3 tablespoons caster sugar

Preparation

To make the cream:

Dilute the flour in the milk and add the sugar. Boil until this mixture starts to thicken. Beat with the whisk of your Mini MP 190 Combi. Add the orange flower water.

Pour into individual ramekins and chill in the refrigerator for at least 3 hours.

Make the syrup by mixing the sugar, water and rosewater.

The syrup should thicken slightly and the sugar should be completely dissolved.

Allow to cool. Just before serving, carefully turn the creams out of the ramekins onto individual plates, pour over the syrup and scatter with coarsely-chopped pistachios.