

**Key learning** – baking blind, decorating and finishing techniques.

Remember also your tea towel and apron!



## Chilled Lemon Flan

### Ingredients and equipment

Date

Blind baked pastry case (made in lesson and frozen – bring a dish/tin you don't mind being frozen)

Pastry – 200 g plain flour 100 g Fat (all block margarine/ butter or half lard and margarine/butter).  
Water or egg yolk. You could add a little icing sugar to sweeten the pastry.

Date

2 large or 3 small lemons-rind and juice

1 small tin of condensed milk (397g)

250 mls (1/4 pt) whipping or double cream

Decoration -Fruit eg mandarin oranges, grapes, kiwi fruit, see below.

Flan tin or quiche dish, tea towel, apron.

### Method

#### Part 1 practical

Date

1. Using rubbing in method make pastry  
(breadcrumbs – water – dough – roll – line – Prick/beans)
2. Lined tin placed in oven and bake blind.
3. Store for next lesson (freeze or chill)



#### Part 2 practical

Date

4. Grate the lemon rind and save. Juice the lemons.
5. Whisk condensed milk, lemon rind and cream together in a mixing bowl until thick. Slowly add the lemon juice whisking all the time until thick.
6. Pour over the chilled shortcrust base. (there could be spare filling so you might need a tub)

1. patterns of colourful fruit, kiwi, grapes, mandarin, blueberries, raspas, strawberries.

7. Decorate -



Search for simple hacks to decorate / finish - videos and blogs