

Courgettes flan

Courgettes flan is a delicious vegetable-based recipe, which has its main ingredient in a typical summer and well-known vegetable: courgettes.

A very tasty and easy to make dish, using the new Tecnoeka ovens line: Millennial



1h



12 people

Ingredients

600 g courgettes
300 g white egg
300 g single cream
150 g grated Parmigiano Reggiano
15 g salt
baking spray or butter As Required
12 aluminum moulds

Procedure

To make some delicious flan, wash and dice the courgettes.
Steam it following the chart below.

PHASE	TEMPERATURE	TIME	PROBE	HUMIDITY	FAN	PRE-HEATING	TIME
1	99°	8'	/	100%	V5	105°	10'

Put all the ingredients in the food processor (except for the baking spray/butter that is used to baste the moulds) and mix until even. Try to do it quickly to avoid incorporating air. If this happens, you can pull out the excess of air using a sous-vide machine. Baste the moulds and fill it with the mix. Put the moulds on a perforated tray and cook following the chart below.

PHASE	TEMPERATURE	TIME	PROBE	HUMIDITY	FAN	PRE-HEATING	TIME
1	90°	25'	/	100%	V5	105°	15'

At the end of it, let the flan rest for 3 minutes and then put on a plate and garnish.

Flan can be blast-chilled and served later. For regeneration set the oven following the chart below.

PHASE	TEMPERATURE	TIME	PROBE	HUMIDITY	FAN	PRE-HEATING	TIME
1	140°	6'	/	60%	V5	170°	10'