

FLAN DE LIMÃO

LEMON FLAN



Ingredients :

- ½ l milk
- 4 egg yolks
- 40g flour
- 75g sugar
- 1 lemon

Meringue :

- 2 egg whites
- 75g sugar

Preparation :

1. Peel the lemon zest as thinly as possible (it is the white of the peel that is bitter)
2. Heat milk with lemon zest and let it cool
3. Mix flour with sugar
4. Add egg yolks one by one
5. Add the milk (without the lemon zest)
6. Add one coffee spoon of lemon juice (lemon flavour)
7. Put the mixture either on a tin prepared with puff pastry on a buttered tin
8. Cook in pre-heated oven for 20-30 minutes
9. For the meringue: mix the whites and slowly add the sugar until you have a very firm mixture
10. Pour on top of lemon pudding
11. Put under hot grill until the meringue has a nice colour