

# Manu's Gruyère Cheese Flan



Preparation time:	45 mins
Serves:	4 people
User Rating:	★★★★☆

Publication: 30 January 2020  
Categories: Dinner Recipes, Entertaining, Vegetarian

Forget the fancy restaurants, we asked Manu Feildel to develop a recipe ideal for spoiling your loved one for Valentine's Day in the comfort of your own home. Because nothing says "I love you" more than taking the time to prepare a beautiful meal for you and your partner to enjoy. It doesn't even have to be a complicated dish, in fact Manu says, "the simplicity of the ingredients in my flan is what makes it so special, allowing the cheese flavours to really shine."

By using a simple ingredient like eggs, and applying different cooking techniques, you can create different textures and flavours that will definitely "wow" that special someone.



## Ingredients

- 240ml pouring cream
- 240ml full fat milk
- 4 sprigs fresh thyme
- 1 small clove of garlic, slightly crushed
- 3 whole eggs
- 2 egg yolks

- 60g grated cheese, either Gruyère, Comté or Emmental
- 60g grated Parmesan
- Baby leaf and herb salad, to serve

Method

1. Pre-heat oven to 150°C, lightly grease 4 x 160ml ramekins and bring a kettle of water to boil.
2. Pour the cream and milk into a small saucepan over a medium heat. Add garlic and thyme and heat until the mixture begins to steam.
3. Crack the eggs into a medium bowl, season with salt and give it a good whisk. Stir in cheese.
4. Remove thyme and garlic from the cream. Gradually pour the hot cream into the egg mixture, whisking constantly. Pour the mixture back into a saucepan over a medium heat and whisk until cheese is completely melted.
5. Strain the mixture through a fine sieve and into a heatproof jug.
6. Pour the mixture into prepared ramekins.
7. Place ramekins in a deep baking tray and fill it with boiling water, until the water is about 1 inch off the top of the ramekins. Bake for 25-30 minutes or until the mixture is just set but still jiggles in the middle. Leave to sit for 10-15 minutes to cool slightly before serving.
8. To serve, invert flans onto plates and finish with a salad of baby herbs and greens.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre	Vitamin D
246g	1890kj 452kcal	20.4g	38.3g	22.4g	5.9g	5.4g	428mg	2g	4.2µg

All nutrition values are per serve.