

WHITE CORN FLAN

Chef Maria Hines



Ingredients:

2 ears white corn, kernels shucked and cobs reserved
1 ½ cups heavy cream
Salt and ground white pepper, to taste
2 large eggs, preferably organic, beaten
1 bouquet garni (tie together with butcher string: 2 whole branches of fresh parsley, 2 branches fresh thyme, and 1 bay leaf)
1 tablespoon butter, softened

Procedure:

Preheat oven to 325 degrees. Heat 1 quart water to a boil and set aside.

Puree the corn kernels until smooth. Add the puree and 1 corn cob (broken in half, if necessary) into a saucepan with the heavy cream and bouquet garni. Let steep over medium-low heat for 30 minutes. Season with salt and ground white pepper to taste. Strain mixture through a fine-meshed sieve.

To the beaten eggs, slowly add about ¼ cup of the corn liquid while whisking to temper the eggs and prevent them from curdling. Add the eggs to the corn cream and whisk to combine. Set aside.

Butter 4 6-ounce ramekins and set them in a shallow baking pan. Pour the custard into the 4 ramekins. Cover the ramekins with a sheet of parchment paper (one sheet to cover all four is okay). Place baking dish with ramekins in the oven. Add enough of the hot water to the baking dish to surround the outside of the ramekins (about half way up the sides of the ramekins). This creates a water bath and helps the custard cook more gently.

Bake for 25 to 30 minutes or until the flans are set. Remove from oven. To serve, gently slide the blade of a paring knife along the edge of the ramekin to loosen the flan. Tip over onto the center of a dinner plate. This can be served with the Fast Succotash and grilled meat or seafood.

Serves 4