

## View from the Fridge – Recipes from Brian Donkin

### Recipe # 96 – Leith Apple Flan

**Preparation time: 20 mins    Cooking time: 45 mins**

#### Ingredients for flan case:

220 gms plain flour  
Pinch of salt  
50 gms butter  
50 gms lard or margarine  
3 tblspn water  
1 tblspn white sugar

#### Ingredients for filling:

3 cooking apples (peeled, quartered and sliced)  
1 wine glass single cream  
1 egg  
100 gms sugar

#### Method

1. Put flour, salt, margarine and butter into a bowl and mix with fingers to breadcrumb consistency
2. Add the water, sugar and salt and knead into a ball
3. Roll out with rolling pin into a circle slightly bigger than the flan tin
4. Dust the flan tin with flour and unroll the pastry into it
5. Ensure that the walls of the flan tin are closely covered – remove pastry that goes over the rim with a knife and cover with kitchen foil and lay uncooked rice or dried peas on top to stop it from rising when in the oven. ***(In the olden days people would never dream of using good rice or peas to stop the flan pastry from rising. Instead, they would pick cherries and eat them while saving the stones to use for this purpose. There is an excellent cherry tree that bears fruit in Giles Street in Leith. So if you want to be a traditionalist get down there in late June and use the cherries for cherry jam or just eat them and save the stones...)***
6. Preheat oven to 190 degrees and cook for 15 minutes (This is known as to cook blind in the trade).
7. Remove from oven and add sliced apples (after removing the rice, peas or cherry stones and kitchen foil)
8. Cook for 10 minutes at 200 degrees
9. Beat together the cream, sugar and egg and pour over the apples
10. Bake for a further 20 minutes at 200 degrees

*Serves 6 (see next page for picture)*

