

# MINI CARROT AND HADDOCK FLANS



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**Preparation :** 10 min - **Resting :** - - **Cooking :** 50 min - **Equipment :** -

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## **Ingredients :** 4

- 200 g smoked haddock - 500 ml milk - 2 carrots (200g) - 200 ml single cream - 4 eggs - 5 peppercorn blend - 10 g butter - 8 g bunch flat-leaf parsley, washed

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1. Poach the haddock in the milk and water for 20 minutes. Pour 500ml water into the metal bowl and fit the steamer basket. Wash, peel and cut the carrots into small chunks; place in the steamer basket. Run the STEAM programme for 30 minutes. Then, empty the water and dice the carrot.

2. Cut the poached\* haddock into small pieces and set half aside. Place the other half in the metal bowl with the cream, eggs and pepper; mix using the EXPERT programme (without heating) for 1 minute/speed 7.

3. Butter small ramekins and fill with the haddock cream. Put the reserved haddock pieces, carrots and finely sliced\* parsley on the surface.

4. Fill the metal bowl with 500ml water, place the ramekins in the steamer basket; run the STEAM programme for 30 minutes, or place the ramekins in a bainmarie\* and bake in an oven preheated to 180°C (170°C fan, gas mark 4) for 30 minutes. Adapt the cooking time if necessary.

Cook Expert ■

