

# Recipe of the month with Workforce

**Workforce**  
DEVELOPMENT



## Fresh Fruit Flan

### SWEET PASTRY

200g flour  
125g butter  
50g icing sugar  
1 egg

Make up the sweet pastry and bake blind.

### PASTRY CREAM

3 egg yolks  
60g caster sugar  
25g flour  
250ml milk  
Vanilla essence

2 kiwi fruit  
1 banana  
Apricot glaze

Whisk egg yolks and sugar until white.

Add the flour.

Boil the milk and vanilla essence. Whisk into the egg mix.

Return to the pan and boil till thick.

Pour into the pre baked flan case.

Leave to cool.

Prepare the fruit and garnish the flat.

Glaze with the apricot glaze.

Each month Workforce will post the latest Recipe of the Month for you free to download. If you happened to miss a recipe you can access archived recipes also. Go to: [www.workforce-development.co.nz](http://www.workforce-development.co.nz) and follow the Recipe of the Month link. Enjoy!

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