

## **CARROT FLAN WITH GREENS AND LEMON VINAIGRETTE**

(adapted from "[Oh! You Cook!](#)")

Makes 6 individual servings.

*for the flans:*

12 ounces carrots (enough to make 2 1/2 cups of chopped pieces)

4 eggs

4 ounces (1/2 cup) heavy cream

1/2 teaspoon sea salt

1/4 teaspoon ground black pepper

pinch of grated nutmeg

*for the vinaigrette:*

1/4 cup olive oil

3 tablespoons fresh lemon juice

1 teaspoons Dijon mustard

1/2 teaspoon grated lemon peel

1/2 teaspoon honey

*Make the flans:* Heat the oven to 325 degrees F. Butter 6 ramekins (3/4-cup size). Cook the pieces of carrots in boiling salted water until tender, about 8 minutes. Drain and puree in a food processor or blender until smooth, and let cool slightly.

Whisk the pureed carrots together with the eggs, heavy cream, salt, pepper, and nutmeg. Divide the mixture among the buttered ramekins, and place the ramekins in a baking pan. Add enough hot water to the baking pan so that the water goes halfway up the sides of the ramekins. Cover the pan with foil and bake until the custards are set and a knife inserted near the middle of one comes out clean. Start checking it at 40 minutes, normally it should take around 45 minutes. Remove the ramekins from the baking dish and let cool slightly before unmolding.

*For the vinaigrette:* whisk together the lemon juice, lemon peel, mustard, and honey. Stream in the olive oil, whisking constantly, until an emulsion forms. Season well with salt and pepper, and store in the refrigerator.

*Final assembly of the dish:* Place a handful of salad greens of your choice for each serving of flan in a large bowl. Drizzle some vinaigrette over the greens, season with coarse salt and freshly ground black pepper, and toss to dress. Run a knife around the inside of the ramekins to loosen the flans, then invert them over a plate to unmold. Serve the flans with the salad and an additional drizzle of the vinaigrette.