



MARIMAR ESTATE  
VINEYARDS & WINERY

## Flanes de Verduras (Green Pea and Red Pepper Flans)

Serves 8

### For the green pea flan:

1 1/2 cups (or 10 ounces) fresh or frozen shelled peas  
1/2 cup half-and-half  
3 eggs  
1/2 teaspoon salt  
3/8 teaspoon freshly ground white pepper  
3/4 teaspoon lemon juice

### For the red pepper flan:

1 1/2 cups red bell pepper (or 1 1/2 cups canned roasted sweet peppers)  
1/2 cup half-and-half  
3 eggs  
1/2 teaspoon salt  
3/8 teaspoon freshly ground white pepper  
1 teaspoon lemon juice

Preheat oven to 350 degrees F.

**To prepare the green pea flan:** Cook peas in a small amount of boiling water until tender – 5 minutes for frozen and 15 for fresh. Drain them and purée in the blender or food processor; add all remaining ingredients and blend well.

Generously butter 6 individual 1/2-cup flan molds, especially the bottom, and fill them three-quarters full with the pea mixture. Cover with foil (oil it beforehand) and place them in a baking pan, pouring hot water around them to halfway up the sides of the molds. Bake in the preheated oven for 35 minutes; when done, they should feel slightly firm to the touch.

Let them cool, so they firm up a little more, before unmolding. Then run a knife around the rim of each mold and invert onto a serving plate, giving it a whack to unmold the flan. Serve warm; if made ahead, cover with foil and reheat in the oven.

**To prepare the red pepper flan:** Peel and seed peppers, squeezing them dry with your hands. Purée the peppers and add remaining ingredients, proceeding as for the pea flan recipe.

### Wine Pairing:

Marimar Estate La Masía Chardonnay

### Recipe from:

*The Spanish Table* page 166  
by Marimar Torres