

Light and Elegant Crab Flans with Fresh Chive Cream Sauce

Crab Flans with Chive Sauce: An Elegant Light Appetizer



OVEN
325°F

TIME
2 to 3 min

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INGREDIENTS

For the Crab Flans:

8 ounces lump crab meat, picked over for shells

4 large eggs

1 cup heavy cream

1/2 cup whole milk

1 small shallot, finely minced

1 tablespoon butter

2 tablespoons chopped chives

1 tablespoon chopped parsley

1/4 teaspoon salt

1/4 teaspoon black pepper

Pinch of cayenne or paprika, optional

Butter or nonstick spray for ramekins

For the Chive Sauce:

1/2 cup sour cream or crème fraîche

2 tablespoons mayonnaise

2 tablespoons fresh chives, finely chopped

1 teaspoon lemon juice

Pinch of salt

Pinch of black pepper

1 to 2 teaspoons milk, as needed to thin

DIRECTIONS

1. Preheat your oven to 325°F. Lightly butter 6 small ramekins and place them in a deep baking dish.
2. In a small skillet, melt the butter over medium-low heat. Add the shallot and cook for 2 to 3 minutes until softened but not browned. Set aside to cool slightly.
3. In a mixing bowl, whisk together the eggs, heavy cream, and milk until smooth.
4. Stir in the cooked shallot, chopped chives, parsley, salt, pepper, and cayenne if using.
5. Gently fold in the crab meat, being careful not to break it up too much.
6. Divide the mixture evenly among the prepared ramekins.
7. Pour hot water into the baking dish until it comes about halfway up the sides of the ramekins.
8. Carefully transfer the dish to the oven and bake for 25 to 35 minutes, or until the flans are just set with a slight jiggle in the center.
9. Remove the ramekins from the water bath and let them cool for 5 to 10 minutes.
10. While the flans rest, make the sauce by stirring together the sour cream or crème fraîche, mayonnaise, chives, lemon juice, salt, and pepper. Add a little milk if needed for a spoonable consistency.
11. Run a thin knife around the edges of each flan if you want to unmold them, or simply serve them in the ramekins with the chive sauce spooned over the top.

SWAPS & NOTES

Lump crab meat gives the nicest texture, but claw meat can work too if you want a slightly more budget-friendly option.

Just make sure to drain it well and check carefully for any bits of shell before mixing it in.

Crème fraîche makes the sauce taste especially elegant, but sour cream works beautifully and is easier for most people to grab.

You can also add a little lemon zest to brighten the sauce even more.

TIPS FOR SUCCESS

It helps the flans cook gently and evenly, which is the key to that silky, custard-like texture.

Without it, the eggs can cook too quickly and turn rubbery around the edges.

The centers should still have a slight wobble when you take them out, because they'll continue to set as they rest.

Overbaked flans lose that soft, delicate texture that makes them so special.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/light-and-elegant-crab-flans-with-fresh-chive-cream-sauce/>