



Flan Casero

MyPlate2Yours - Lynn Dugan

Serving Size: 8

Ingredients

Caramel:

3/4 cup sugar

1/4 cup water

Set out 8 ramekins. In a small, heavy saucepan over medium-high heat, mix sugar and water, stir only to combine. Cover and cook for 8 minutes, until the caramel is amber in color. Remove from heat. Work quickly to pour about 1 tablespoon into each ramekin.

Custard:

4 cups whole milk

3/4 cup sugar

4 eggs plus 2 yolks

1 teaspoon vanilla extract

Directions

Preheat oven to 325 degrees. Heat milk with the sugar over medium heat until mixture starts to steam and bubble around the edges and sugar dissolves, about 5 minutes (do not let it boil).

Using a whisk, beat the eggs and yolks. Add the vanilla. Slowly ladle milk into the eggs, whisking to combine (this is 'tempering' the eggs). Add another 2 ladles to eggs and whisk. Slowly pour remaining milk into eggs while whisking to combine. Strain mixture through a fine sieve into a bowl. Divide strained custard evenly among ramekins. Set ramekins in a baking dish and add enough boiling water to cover halfway up the sides of the ramekins. Bake until custard is just set, about 45 minutes.

Remove ramekins from the water and cool on a baking rack. Place in refrigerator to chill (about 6 hours or up to 3 days). To serve, use a paring knife to cut around the outside of the ramekin and then invert the mold over each serving plate. Enjoy!

