

FLAN (CAMEL CUSTARD) RECIPE

Caramel Sauce*

½ c Sugar
2 TB Water
1/8 t Cream of Tartar

Custard

5 eggs
+ 5 egg yolks
¾ c Sugar
3 1/3 c milk (1 ½ c whole milk, and 1 ½ + 1/3 c evaporated milk)
1 ½ t vanilla extract

To prepare caramel , cook water and sugar in a small heavy saucepan over medium heat WITHOUT STIRRING ., for 10 min., melting sugar , then continue cooking until it is a rich brown color. Pour the caramel into bottom of a DEEP DISH PYREX pie pan; roll solution around the bottom of the pan to even out (does not have to be perfect)

Meanwhile heat water for a water baking bath, and preheat oven to 325F.

To prepare the custard, place the eggs, yolks, and sugar in a bowl, and whisk until well combined. Pour milk into a saucepan and heat, add vanilla extract, and bring to a simmering point. Pour this warm milk onto egg and sugar mixture; stir to combine. Strain through a fine mesh strainer into the Pyrex pan (with the caramel on the bottom) Discard any remains.

Place this dish into a larger dish, adding sufficient hot water to come halfway up the sides of the PYREX dish (the water baking bath)

Bake for 60 minutes until the custard has set (will probably need more time)

Cool the custard and chill for four hours in refrigerator.

Loosen the sides of the custard by depressing the outer edges with your finger and unmold it onto a serving dish. It should slide out of the baking pan easily.

*for additional instructions on preparing Caramelized Sugar, go to <http://m.wikihow.com/Caramelize-Sugar>