

Caramel Flan

Serves 8-10



INGREDIENTS

FOR THE CARAMEL:

- 1 cup white granulated sugar
- 1/4 cup water

FOR THE FLAN:

- 1 1/2 cups half and half
- 3 large eggs
- 1 14oz. can sweetened condensed milk
- 2 teaspoons vanilla extract
- pinch of kosher salt

INSTRUCTIONS

Preheat your oven to 300°F and grease an 8-inch cake pan with non-stick cooking spray.

MAKE THE CARAMEL:

In a medium saucepan over low heat, combine the sugar and water and stir using a silicone spatula. Increase the heat to medium and cook for about 8-12 minutes until the mixture is amber in color, occasionally swirling the pan to distribute the caramelized sugar. As soon as all the sugar has turned an amber color quickly and carefully pour the caramel into the prepared cake pan. Let this cool for 5 minutes.

MAKE THE FLAN:

While the caramel cools, add the half and half, eggs, sweetened condensed milk, vanilla extract, and salt to a blender, then blend for 20-30 seconds until smooth.

Place your cake pan in a larger shallow metal baking dish like a roasting pan. Add the flan to the cake pan and cover the cake pan tightly with foil. Fill the larger baking dish with warm or hot water half way up the side of the cake pan.

Bake for 75-90 minutes, until the outer rim of the custard is firm but the center still has some jiggle to it. Remove the cake pan from the water bath then remove the foil completely and let cool at room temperature for about an hour. Place the foil back onto the cake pan and refrigerate until completely cool and set, at least 4 hours.

When you're ready to serve, run a thin sharp knife around the edge of the cake pan to make sure the flan didn't stick then place a plate on top and quickly flip it over to invert. Lift off the cake pan and serve.

Grocery List



TOOLS

- ☐ White Granulated Sugar
- ☐ Half and Half
- ☐ Large Eggs
- ☐ Sweetened Condensed Milk
- ☐ Vanilla Extract
- ☐ Salt
- ☐ Non-Stick Cooking Spray
- ☐ Aluminum Foil

- ☐ Medium Saucepan
- ☐ Silicone Spatula
- ☐ Measuring Cups
- ☐ Measuring Spoons
- ☐ 8-inch Cake Pan
- ☐ Larger Metal Baking Dish