

Marie Saba

from my kitchen to yours

Authentic Mexican Flan

Ingredients:

- 1 can (14 ounces) sweetened condensed milk
 - 1 ¼ cup milk
 - 4 large eggs
 - 1 teaspoon vanilla extract
- For the caramel:** ½ cup white granulated sugar
- For serving:** whipped cream, berries, mint leaves

Instructions:

- 1** Pour the condensed milk into the jar of a blender. Fill the same can with milk, and pour the milk into the jar of the blender. Add the eggs and vanilla. Blend for 30 seconds and set aside.
- 2** To make the caramel sauce, pour the sugar into a small saucepan on the stove. Turn heat to medium-low. As the sugar begins to melt, use a rubber spatula to stir it around. (Be careful: The sugar can burn easily, so keep your eye on the sugar at all times!) Continue cooking and stirring the sugar until it is completely caramelized—i.e., light brown and melted.
- 3** Immediately pour the caramel into the flan pan. Use a potholder to hold the flan pan because the hot sugar will make the pan VERY HOT. Using your spatula (while still holding the flan pan with a potholder and your other hand), spread a thin layer of caramel around the bottom and sides of the pan. This will keep the cooked flan from sticking to the sides. You need to work quickly because the sugar hardens as it cools! After the sides are lightly coated, let the remaining caramel cover the bottom of the pan.
- 4** Blend milk and egg mixture in the blender for about 10 more seconds, just to combine. Pour mixture into the pan with melted sugar. If you use the pan that I'm using here, it should end up about ¾ full.
- 5** Put the lid on the flan pan and use the buckles to seal it shut. (Be very careful! The sides and bottom of the flan pan will still be VERY hot.) Place sealed flan pan in a large pyrex baking dish. Pour water into the pyrex dish until it reaches about halfway up the flan pan. Carefully place the baking dish in the preheated oven. Bake at 350 degrees for 1 hour and 15 minutes. Carefully remove baking dish from oven; the water and both pans will be very hot!



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- 6 Open the lid to the flan pan and check to see if it is done. The flan is done if it is “set” in the center. A toothpick inserted into the center should come out clean. If the toothpick is not clean or if the flan is very “jiggly” in the center, put it back in the oven in the water bath for about 15 more minutes. I like to overcook mine a bit, just to be on the safe side: if you undercook the flan, it will fall apart when you try to move it to a serving plate. All that to say, if you’re not sure if the flan is set, it’s best to cook it a little more. When the flan is done, take the flan pan out of the water bath and let it cool completely. Then refrigerate the flan (still in the sealed flan pan) for at least 2 hours or overnight.
- 7 To serve the flan, you will need a large plate with a lip to hold in the caramel. Right before you are ready to serve the flan, take off the lid to the flan pan. Run a butter knife around the outside edge of the flan to make sure the edges are loose. Then twist the pan back and forth quickly — the flan is loose if it moves freely within the pan. Now place the plate on top of the flan pan where the lid was. Holding the flan pan and plate tightly together, flip the plate and pan over so that the plate is on the bottom and flan pan is on the top. Carefully lift off the flan pan. Your flan should be sitting in the caramel on the plate, ready to enjoy!
- 8 Serve cold, with a spoonful of caramel on each plate. Top with whipped cream if desired.

