

Marie Saba

from my kitchen to yours

Instant Pot Flan

Serves 6-8

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 eggs and vanilla. Blend for a few 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 flanera. Use a potholder to hold the flanera because the hot sugar will make the pan VERY HOT. Using your spatula (while still holding the flanera with a potholder), spread a thin layer of caramel around the bottom and sides of the pan. 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 a few seconds, just to combine. Pour mixture into the flanera. Put the lid on and use the buckles to seal it shut. (Be very careful! The sides and bottom of the flan pan will still be VERY hot.)
5. Pour 2 cups water into the Instant Pot. Place the flanera on a long-handled wire rack and lower the rack into the Pot. Secure lid and set pressure release knob to "sealing." Using the manual setting, set cook time to 15 minutes.
6. When cooking is complete, press cancel and turn pressure-release knob to "venting" to release steam. Carefully open the Instant Pot, and using oven mitts, lift the handles of the rack (with the flan) out of the Pot. Let the flan cool completely. Then refrigerate for at least 2 hours or overnight.

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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 *flanera*. 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 *flanera* where the lid was. Holding the *flanera* and plate tightly together, flip the plate and pan over so that the plate is on the bottom and *flanera* is on the top. Carefully lift off the *flanera*. The 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.

Questions? Email me Marie@MarieSaba.com and I'll be happy to help! Thank you.

Make-Ahead Options:

- Flan can be made up to three days in advance. Simply leave it in the refrigerator (step 6) in the *flanera*. When ready to serve, flip the flan onto a serving plate (step 7) and serve.
- After the *flanera* is flipped onto a serving plate (step 7), the flan can be stored on the plate, covered, in the refrigerator for up to two days.