

Flan Recipe

Silky Smooth and Delicious

Crepe caramel recipe, flan recipe, caramel flan recipe, You may have heard of all these terms and wondered what the difference was. These names are all interchangeable. They mean the same thing. **Flan** is an egg based custard that is baked in a caramel-lined dish in a bain-marie.

If you are not familiar with a **bain-marie** it's really nothing more than a **water bath**. The custard is placed in a baking dish and then placed into another pan with water in it. The water helps the flan cook evenly by distributing the heat.

After cooking, the flan is turned out onto a plate for serving.

Flan is commonly found on many Mexican restaurant menus. Now you can make our easy flan recipe right in your own home. If you ever wondered how to make flan I will show you how **easy it is**.

Flan recipe:

1/3 cup sugar

2 eggs

1 can evaporated milk (13 oz.)

1/4 cup sugar

1 tsp. vanilla

Heat a 9 inch pie plate or flan pan in a 200 degree oven.

Boil several cups of water in a kettle (used for the bain-marie)

In a heavy sauce pan heat 1/3 cup sugar on medium heat. Remove the pie plate from the oven and place it near the sugar heating on the stove.

Start stirring the sugar when it begins melting then **stir constantly** until it turns into a **golden brown liquid**.

Quickly pour the caramel into the warmed pie plate and tilt the plate to **coat the bottom and sides**. Work quickly as the sugar hardens within seconds.

Set plate aside.

In a medium size bowl add the eggs and the 1/4 cup sugar. Mix until well blended but not frothy. Add the milk, vanilla and salt and mix again.

Pour into caramel coated plate. Place flan into a larger pan such as a roasting pan and put in a 325 degree oven. Add hot water up to 1 - 2 inches up the side of the flan plate.

Bake uncovered for 45 -55 minutes or until a thin knife inserted halfway between center and edge comes out clean.

Cool and then refrigerate for at least **2 hours before serving.**

Take a sharp knife and cut around the edge of the flan to release it from the dish.

Lay a plate with a **lip** on top of the custard. Holding both plates **tightly together** flip them over. The flan should release into the plate. If the custard needs encouragement shake it gently. It should release.

The caramel sugar topping will flow down the sides of the flan which is why the dish should have a good sized lip.

Slice and serve on individual plates. Top each slice with caramel sauce and garnish with a couple of strawberries.

Our flan recipe is the perfect finish to a Mexican dinner.