
Flan II

Arleen Sepulveda - New Jersey

North American Potpourri - Autism Directory Service, Inc - 1993

1 cup sugar

5 eggs

2 cans (13 ounce) evaporated milk, undiluted

1 teaspoon vanilla extract

1 1/4 cups sugar

In a small saucepan over low to moderate heat, place one cup of sugar. Stir continuously with a wooden spoon until the sugar is completely melted. Continue cooking until you reach a golden color.

Pour the caramel into a round pyrex mold (eight-inch to nine-inch round by six-inch depth. Tilt the mold around with your hands, working rapidly until the bottom and sides are caramelized. Set aside to cool.

Preheat the oven to 350 degrees.

In a bigger pyrex dish (flatter) mold, add water to come up to 2/3 the height of the flan mold and set into the oven.

In a mixing bowl, add the eggs (do not beat). Add the evaporated milk, vanilla extract and sugar. Beat for about 2 minutes or until the sugar is not on the bottom of the mixing bowl. Pour into the pyrex mold.

Place the pyrex mold into the oven in the mold containing the hot water (Bain-Marie).

Bake for 1-1/2 hours.

Remove from the oven and let cool for two hours before refrigerating.

Refrigerate, covered.

To serve, turn the mold over in a platter with a rim which will hold the liquified caramel.

Yield: 8 to 10 servings

Dessert

Per Serving (excluding unknown items): 2801 Calories; 63g Fat (19.9% calories from fat); 66g Protein; 503g Carbohydrate; 0g Dietary Fiber; 1208mg Cholesterol; 888mg Sodium. Exchanges: 4 Lean Meat; 4 Non-Fat Milk; 9 Fat; 30 Other Carbohydrates.