

## HOW TO MAKE FLAN

**Caramelizing the Mold**—Allow 1/2 cup sugar for a 1-quart mold. For a 1-1/2- to 2-quart mold, use 2/3 to 3/4 cup sugar.

Place the sugar in a 7-inch skillet. Heat over medium-high heat until the sugar begins to melt. Reduce the heat to medium. Heat until the sugar is melted and golden brown, stirring occasionally. If your skillet or burner has a “hot spot,” stirring will equalize the heat and help prevent the caramel from burning. Immediately spoon hot caramel over the sides and bottom of the mold; cool. Add the *flan* mixture.

**Baking**—Place the mold containing the *flan* in a large baking pan. Place the baking pan on the middle or lower rack of your oven. Pour hot water into the baking pan at least half way up the mold. Bake until a knife inserted off-center comes out clean. To prevent overcooking, test the *flan* before the end of the baking time, then test at intervals.

Remove the *flan* at once from its hot-water bath and place it on a rack to cool. Refrigerate cooled *flan* several hours or until it's firm enough to turn out onto a serving plate.

*Flans* in this book are baked at 325°F (165°C). Some cooks prefer to bake them at 350°F (175°C) for a shorter time. In either case, if the *flan* begins to brown too much before it is set, cover it loosely with foil.

**Unmolding**—To prepare a *flan* for unmolding, carefully run a thin sharp knife around top edge to be sure it's not sticking to the mold. Shake gently. Place a serving plate upside-down on top of the mold, then invert quickly. *Flan* and caramel will slide onto plate. Scrape additional caramel from mold and spoon onto *flan*. Serve at once. *Flan* can be unmolded in advance and refrigerated before serving.

## Flan de Café

Coffee Flan

*A silky custard with light coffee flavor.*

1/2 cup sugar  
2 whole eggs  
2 egg yolks

1 cup milk  
1 (14-oz.) can sweetened condensed milk  
1 teaspoon instant coffee powder

Heat sugar in a 7-inch skillet over medium-high heat. When sugar begins to melt, reduce heat to medium. Continue to cook sugar, stirring occasionally. When sugar is melted and browned, immediately spoon over bottom and sides of a shallow 1-quart baking dish. Set aside for caramel to cool. Preheat oven to 325°F (165°C). Place whole eggs and egg yolks in blender. Process until smooth. Add milk, condensed milk and coffee powder. Blend thoroughly. Pour into baking dish lined with caramelized sugar. Place baking dish in a baking pan. Pour hot water into pan half way up sides of baking dish. Bake about 1-1/2 hours or until a knife inserted off-center comes out clean. Cover *flan* loosely with foil if necessary to prevent excessive browning. Remove baking dish from pan of hot water. Cool, then refrigerate at least 3 hours. To serve, run a knife around top edge and invert *flan* onto a serving plate. Makes 6 servings.