

# Carmen's Café Flan Recipe

## Ingredients

3 cans 12 ounces evaporated milk

2 cans 14 ounces condensed milk

8 eggs farm-fresh locally sourced

1 tsp ground cinnamon

2 tsp pure vanilla extract

1 cup sugar

## Directions

Preheat oven to 300 degrees Fahrenheit.

Mix evaporated milk, condensed milk, eggs, cinnamon, and vanilla extract in a bowl. Mix thoroughly; you can do this with a whisk or use a mixer. Place liquid mixture to the side.

Pour sugar into a saucepan. On medium heat with just sugar in the pan -caramelize the sugar. Use a silicone spatula. Do not stir until the edges are brown. **Immediately** pour into the pan you will use to bake your flan in.

Now that your caramelized sugar is in your baking pan, **let it sit until firm**. Pour the liquid mixture on top of caramelized sugar.

Place your baking pan into a bain-marie. Add lukewarm to hot water to your bain-marie until it is about halfway up the side of your baking pan.

Bake at 300 degrees Fahrenheit for approximately 1 to 1.5 hours. You will need to check your flan after it has cooked for 1 hour. Flan is done when your finger bounces off and there is no more liquid.

When done cool for 1 to 1.5 hours. Use a silicone spatula to go around the edges to loosen. You can also shake the pan from left to right to help loosen flan from pan. Place serving plate upside down on top of your baking pan. Holding plate and pan tightly, quickly flip over and your flan will now be on your serving plate with your baking pan on top. Leave the baking pan on top of your flan. This will allow the remaining caramelized sugar to drop from the baking pan onto the flan. Let this sit for 10 to 15 minutes.

Refrigerate. When it is time to serve cut individual slices and garnish with strawberries, blueberries, grapes and/or raspberries.

Enjoy!

Nutrition Facts	
servings per container	
Serving size	(229g)
Amount per serving	
Calories	490
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 250mg	11%
Total Carbohydrate 74g	27%
Dietary Fiber 0g	0%
Total Sugars 74g	
Includes 20g Added Sugars	40%
Protein 16g	
Vitamin D 2mcg	10%
Calcium 497mg	40%
Iron 0mg	0%
Potassium 650mg	15%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	