

Flan Recipe

∞Ingredients

- 6 tablespoons sugar
- 6 egg
- 1 teaspoon vanilla extract
- 1 strip lemon peel
- 1 cinnamon stick
- 2 cups milk
- Pinch salt
- Caramelized sugar (recipe below)

Recipe

Boil milk with lemon peel and cinnamon stick. Lightly beat eggs with wire whisk. Blend in sugar, vanilla extract, and salt. Add milk gradually; strain. Pour into ovenproof custard cups with caramelized sugar in bottoms (see below). Place cups in pan of hot water (2 inches deep) and bake in oven for one hour at 300 degrees. Never let water boil or custard will be filled with holes. Remove from pan and cool in refrigerator. To serve, unmold by pressing edges of custard with spoon to break away from cup, then turning upside down. Spoon caramelized sugar from bottoms of cups over top of each custard. Makes 6 small servings.

Ingredients

- 1 cup sugar
- 1 tablespoon water

Recipe

Place sugar and water in a small skillet. Cook over medium heat, stirring constantly until sugar is golden, Pour immediately into 6 ovenproof custard cups.