



Original Mexican Flan Napolitano

Jacob · 29/09/2024



Prep Time

20 mins

Dificult

Medium

Servings

1 hr 30 mins

Description

This original Mexican recipe for flan napolitano is an incredibly rich and creamy creme caramel a type of custard that is steamed instead of baked

Ingredients

- - ¼ cup white sugar - 1 (14 ounce) can sweetened condensed milk - 1 (14 ounce) can evaporated milk - 5 eggs - 1 (8 ounce) package cream cheese
- softened - 1 teaspoon vanilla extract

Instructions

1. Place sugar into a 9-inch ring mold and cook over medium-high heat
2. stirring constantly
3. until sugar melts and turns golden
4. about 10 minutes. Watch carefully for syrup to start to change color as it burns easily. Let caramel cool and harden
5. about 20 minutes. Combine sweetened condensed milk
6. evaporated milk
7. eggs
8. cream cheese
9. and vanilla extract in a blender; blend until smooth
10. about 1 minute. Pour mixture over the hard caramel syrup in the tin and cover with aluminum foil. Pierce foil in the center hole of the ring with a knife; peel back foil
11. leaving hole uncovered for steam to circulate. Place a metal rack inside a large pot over medium heat. Add water to almost reach the rack; bring to a boil. Place the mold on the rack
12. cover the pot
13. and steam until flan is set and firm
14. about 45 minutes. Unmold flan onto a serving plate and let cool before serving. gem