



Caramel Flans from EAGLE BRAND

Jacob · 29/09/2024



Prep Time

1 hr 15 mins

Difficult

Medium

Servings

8

Description

These classic individual flan cups are rich and creamy and a perfect dessert for any occasion

Ingredients

— - $\frac{3}{4}$ cup sugar - 4 large eggs - 1 $\frac{3}{4}$ cups water - 1 (14 ounce) can EAGLE BRAND® Sweetened Condensed Milk - $\frac{1}{2}$ teaspoon vanilla extract - $\frac{1}{2}$ teaspoon salt - 1 cup sugar - $\frac{1}{4}$ cup water - Ice

Instructions

1. Preheat the oven to 350 degrees F (175 degrees C). Cook sugar in a heavy skillet over medium-low heat
2. stirring constantly
3. until melted and caramel-colored. Carefully pour into eight 6-ounce ungreased custard cups
4. tilting to coat the bottom completely. Beat eggs in a medium bowl; stir in water
5. sweetened condensed milk
6. vanilla
7. and salt. Pour into the prepared custard cups; set cups in a large shallow pan. Fill the pan with 1 inch of hot water. Bake in the preheated oven until a knife inserted near the center comes out clean
8. about 25 minutes. Move the cups from the pan to a wire rack; cool for 1 hour. Chill for several hours or overnight. Serve by loosening sides of flan with a small knife; invert onto rimmed serving plates. Top with sugar garnish
9. if desired
10. or garnish as desired. Make sugar garnish: Fill a medium metal bowl halfway with ice. Combine sugar with water in a medium saucepan; stir. Cover; bring to a boil. Cook over high heat until light brown
11. 5 to 6 minutes. Immediately put the pan on ice for 1 minute. Carefully drizzle sugar decoratively over a foil-lined cookie sheet. Let cool
12. then peel from foil and use as garnish.