



Vertuo Desserts

by Evelyn Jacob • podsNespresso.com

MEXICAN FLAN

Ingredients

1 cup sugar
4 eggs
1/2 teaspoon vanilla extract
2 cups milk
pinch of salt

Preparation

In a mixing bowl add 1 cup sugar, 4 eggs, and vanilla.

Boil the milk, then slowly add to sugar egg mix whisking well.

Strain through a fine strainer.

Ladle the mixture into the caramel coated custard cups, filling 3/4 full.

Put the filled cups into a water bath and cover.

Cook at 350° for about 50 minutes. Check after 30 minutes. (Don't overcook)

Caramel sauce:

Some brown sugar and a little bit of water - cooked.