

## Cuban Flan

This recipe came from Elizabeth Perez. We worked together in an office that frequently had impromptu group lunches. Elizabeth's flan was always welcome!

### A word about pans:

This recipe calls for a flan pan, a 9" cake pan, or a pie plate. You want a pan that will hold all the ingredients below, so you need a pan that will hold approximately four cups.

You will need the flan pan to go into a Bain Marie or water bath, so make sure you use a pan that will fit into another pan for that purpose.

### Caramel:

Put **2 - 4 ounces of white sugar** into a non-stick fry pan, heat on low-medium, and dissolve the sugar. The sugar will begin to melt, eventually turning to a thick liquid. Let it darken a bit.

Some recipes call for 2 parts of sugar to 1 part of water, but I have found that I get a good result without water.

When the sugar is fully melted and darkened, put into your flan pan. Roll the caramel around in the pan to completely coat the bottom and a little way up the sides.

### Flan:

One can of sweetened condensed milk (to lighten the recipe significantly, use fat-free or low-fat)

One can of evaporated milk (fat-free or low-fat OK here, too)

2 eggs

1 Tablespoon vanilla (after you've mastered the basic recipe, try using different flavorings like almond, rum, coconut, etc. for interesting variety)

Mix all these ingredients. Pour into the pan you prepared with the caramel.

Set the flan pan into the pan with water. Water should not overflow into the flan.

Bake in a pre-heated 325-degree oven for approximately one hour.

Test with a knife; flan is done when the knife comes out clean.

Invert onto a plate and let the caramel drizzle down over the flan into the plate. Cut servings, and spoon some of the caramel onto each piece.

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