

# Leche Flan

By: Arnaldo Posadas

**Prep:** 10 minutes **Cooking:** 45 minutes **Total time:** 55 minutes

## Ingredients

### Custard ingredients

- 5 egg yolks
- 150mL of condensed milk
- 150mL of evaporated milk

### Caramel sauce ingredients

- 1.5 cups of sugar

## Materials

- 2 high-walled 6inch ramekins
- Measuring cups and spoons
- 1 nonstick pot or pan



## Ingredients

### Prep

- Set your oven to 300F.
- Take two 6-inch ramekins and liberally grease them with butter or cooking spray.
- Separate your eggs and keep the yolks.
- Mix eggs until smooth.
- Add in the condensed and evaporated milk.
- Mix until smooth and thoroughly combined. Set aside.

### Caramel sauce and other prep

- Prepare your caramel sauce by adding the sugar to a nonstick pan.
- Turn the heat on medium and constantly stir the sugar until melted.
- Turn the heat off once the sugar is melted and the caramel is a light brown.
- Pour the caramel into your ramekins to coat the bottoms. Place aside.
- Take your custard mixture and pour them into the ramekins through a fine mesh sieve. This is to ensure a smooth custard.
- Gently shake the custards to make any air bubbles rise. Pop them with a fork, knife, chopstick, or anything you have.
- Prepare a bain-marie. Take a large, high-walled baking pan or tray and place your ramekins inside.
- Fill up the tray with boiling water until it comes up to  $\frac{3}{4}$  the height of the ramekins.

## Cook

- Place the tray in the oven and bake for about 30 minutes. Check the custard every 10 minutes by lightly shaking the tray. When the custards only slightly jiggle, they are ready.
- Once ready, place the tray aside to let it cool down enough to take the ramekins out of the water. Pour out the bain-marie water.
- Place the ramekins in the fridge to chill overnight.
- To serve, put a plate on top of the ramekin.

While pressing the two firmly together, flip it so the plate is on the bottom and the ramekin is upside down. The custard should release cleanly and the caramel would've formed a nice top with sauce running down the sides. Enjoy!