

Egg Flans

Ingredients

6 eggs
1 L of milk
160 g of sugar
1 vanilla pod
10 pieces of sugar or the equivalent for the caramel.

Preparation

Heat the milk in a saucepan with 160 g of sugar and the vanilla pod split in two and scraped. As soon as the milk is ready to boil, turn off the heat.
Beat the eggs with a whisk until the mixture is frothy.
Make a caramel with the sugar cubes and 2 tablespoons of water, over low heat, monitoring and stirring regularly.
Immediately pour this caramel into ovenproof ramekins (around fifteen ramekins)
Slowly pour the boiled milk over the eggs while whisking (use a strainer to retain the vanilla pod and the "skin" of the milk).
Pour the mixture thus obtained into the molds.
Cook in a bain-marie at 150°C in the oven for 30 minutes. The tip of the knife should come out "dry", but it should not be prolonged to maintain smoothness.
Leave to cool, refrigerate for at least 4 hours.

Variant

This flan can be made in a single mold, so allow 45 minutes of cooking time.