

Egg flans

Ingredients

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

Preparation

Heat the milk in a saucepan with 160 g of sugar and the vanilla pod split in half and scraped.

As soon as the milk is ready to boil, stop the fire.

Beat the eggs with a whisk to have a sparkling mixture.

Make a caramel with the sugar pieces and 2 tablespoons of water, over low heat, monitoring and stirring regularly.

Immediately pour this caramel into ramekins going in the oven (about fifteen ramekins)

Slowly pour the boiled milk over the eggs by whisking (use a colander to hold the vanilla pod and the "skin" of the milk).

Pour the preparation thus obtained in the molds.

Cook in a bain marie at 150 ° C in the oven for 30 minutes. The tip of the knife must come out "dry", but do not extend to keep the smoothness.

Leave to cool, put in the fridge at least 4 hours.

Variant

This blank can be done in a single mold, it is necessary to provide 45 minutes of cooking.