

Flan (Crème Caramel)

Ingredients

600 g Sugar, granulated, divided
50 g Water
250 g Egg, whole, about 5 eggs
4 g Salt
125 g Egg yolk, about 7 yolks
750 g Milk, whole
500 g Heavy cream

Equipment

Sous vide setup 🍳
Candy thermometer (optional)
Wide-mouth canning jars 🍲
Whisk 🍴

Timing

1–3 hr

Yield

9 servings (200 g each)

1 Heat Joule to 194 °F / 90 °C

ChefSteps cooks sous vide with Joule, the sous vide tool created by our in-house team of chefs, designers, and engineers. Compact and gorgeous, Joule is a WiFi-connected device you control easily with your smartphone. Learn more about Joule and sous vide, and you'll be whipping up amazing feasts like this in no time.

2 Make caramel

In a pot on the stove, slowly heat sugar and water until a dark caramel forms. (Got a candy thermometer? This should happen at about 320 °F / 160 °C).

Quickly divide caramel between jars. There should be about a centimeter of liquid in each one.

NOTE: If judging by color, remove caramel from the heat when it reaches a warm, light-brown hue. The sugar will continue to deepen in color, and it will take on a bitter flavor if you wait too long.

3 Combine eggs, sugar, and salt

Using a whisk, combine ingredients in a bowl until smooth.

4 Heat milk and cream; add to egg mixture

Heat milk and cream until lightly simmering (about 176 °F / 80 °C if you're using a thermometer).

Slowly pour milk and cream into the egg mixture, whisking constantly. Introducing the cream slowly—*tempering*, in culinary speak—allows us to combine ingredients without causing the eggs to curdle. You can increase the pour rate gradually as you go.

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4 g Salt
125 g Egg yolk, about 7 yolks

750 g Milk, whole
500 g Heavy cream

5 Strain; rest

Strain the mixture, then allow to rest for 20 to 30 minutes so that bubbles have time to rise to the top and dissipate.
Skim away any remaining bubbles.

6 Cast

Pouring low, slow, and steady, fill your molds with mixture, leaving about a quarter-inch of space at the top of each mold.

7 Close jars until “fingertip tight”

Place the lid on the jar. Twist the lid until “fingertip tight,” meaning just barely closed and still possible to open with your fingertips.

To close the jars fingertip tight, place the lid on top of the jar, then twist the band to tighten using just your fingertips. When you begin to feel resistance, twist once in the opposite direction, then once more in the original direction to tighten.

Closing the jars until fingertip tight means that air will be able to escape from the jars when you submerge them in water. If you close them too tightly, the trapped air will press against the glass and could crack or break your jars.

8 Cook

Place molds in your water and cook until the custard sets, about one hour.

9 Check

To check if custard is done, gently shake the jar—you want your flan to jiggle but not flow. (Some chefs prefer to insert a toothpick or small knife into the flan. If the toothpick is clean when removed, the custard is set all the way through.) Don't worry about this too much—flan is served cold, so the texture will firm up more during the cooling process.

10 Cool

Place custards in an ice-water bath and chill.

11 Serve

To remove flan from the mold, gently scrape a small knife around the outside of the custard, and tap the mold upside down on a plate to dislodge.
Serve with fresh fruit and mint.

Yeah, I'm gonna need some more sweet sous vide treats.

We've got you covered.