

FLAN (adapted from recipe by Julia Child)

I. For caramel in flan pan and syrup:

In a flat frying pan with a tight lid, put:

- 3/4 cup white sugar
- 3 Tablespoons water

Bring to a simmer. Swirl to dissolve sugar completely. Then cover the pan and boil until sugar turns to caramel. When caramel reaches desired color, pour half of it into flan pan. Swirl the pan slowly to line the bottom and part of the side with caramel. Set the pan aside to cool.

To the other half of the caramel (still in frying pan), add 1/3 cup water. Simmer 2-3 minutes to make caramel syrup.

II. For custard:

Preheat oven to 350° F (175° C). With a whip, gently blend (do not beat):

- 6 large eggs
- 5 egg yolks
- 3/4 cup white sugar

In a saucepan, heat to 150-160° F:

- 1 quart whole milk

Then gradually blend the hot milk into the egg mixture to dissolve the sugar completely. Do not beat or create foam. Then add in:

- 2 or more teaspoons vanilla extract
- a pinch of salt
- a tiny bit of orange extract (if desired)

Pour the mixture through a tea strainer into the caramelized pan.

III. Cooking the flan:

Place the flan pan inside a larger pan. Place them both in the pre-heated oven. Pour boiling water into the larger pan at least half the height of the smaller pan, i.e., a “bain-marie.” Cook for 45 minutes to 1 hour. It's done when a skewer plunged down one inch from the edge comes up clean. The center should still tremble slightly.