



Flan

The French call it crème caramel; the Spanish call it flan. No matter what the name, this delicate custard is a sensational ending to any meal. The evaporated milk gives it a rich, caramel flavor.

1/3 cup sugar	1 tsp vanilla
3 large eggs, lightly beaten	Assorted fruit (optional)
1 can (12 oz) evaporated milk	Edible flowers (optional)
1/3 cup sugar	

1. Heat oven to 325°F. To caramelize sugar, in an 8-inch heavy skillet, cook 1/3 cup sugar over medium-high heat, shaking skillet occasionally, until sugar starts to melt. Do not stir. When sugar starts to melt, reduce heat to low and cook, stirring as needed with a wooden spoon, until all of the sugar is melted and golden brown, about 5 minutes.
2. Immediately divide caramelized sugar among six 6-oz custard cups (or pour into an 8-inch flan dish or 8x1 1/2-inch round baking pan). Working quickly, rotate cups or flan dish so sugar coats the bottom(s) as evenly as possible. Cool.
3. In a medium bowl, combine eggs, evaporated milk, 1/3 cup sugar and vanilla.
4. Place custard cups or flan dish in a 13x9x2-inch baking pan. Pour egg mixture into cups or flan dish. Place baking pan on an oven rack. Pour the hottest tap water available into the baking pan around the cups or flan dish to a depth of about 1/2 inch.
5. Bake until a knife inserted near the center(s) comes out clean, 35 to 40 minutes for custard cups or 30 to 35 minutes for flan dish. Remove cups or flan dish from water. Cool on a wire rack. Cover loosely with plastic wrap and chill 4 to 24 hours.
6. Carefully unmold flan(s) onto dessert plates or a serving platter. Spoon any caramelized sugar that remains in cups or flan dish on top(s). Serve with assorted fruit and garnish with edible flowers (if using). Makes 6 servings.

Nutrition Facts per serving: 202 cal., 7 g total fat (3 g sat. fat), 123 mg chol., 92 mg sodium, 28 g carb., 0 g fiber, 7 g protein.