

Flan

Submitted by Elizabeth Mandel

Cook's Illustrated: The Best International Recipe

Serves 6-8

Ingredients

- 1/2 c sugar
 - 2 Tbsp water
 - 2 large eggs
 - 3 large egg yolks
 - 1/4 tsp grated zest from 1 lemon
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- 1 14 oz can sweetened condensed milk
 - 1 1/2 c 2% milk (note, may use another type, even non-fat)

Instructions

1. Adjust oven rack to middle position and heat the oven to 350 degrees. Place a kitchen towel in the bottom of a large baking dish or roasting pan and place a 9-inch cake pan in the center
2. Bring the sugar and water to a boil in a small saucepan, swirling the pan gently, until the sugar has dissolved, about 2-3 minutes. Reduce to a simmer and cook, gently swirling the pan occasionally, until the mixture has caramelized to a deep, dark mahogany color, about 10 minutes.
3. Carefully pour the caramel into the cake pan and cool slightly until hardened.
4. Bring a kettle or large saucepan of water to a boil. Meanwhile, whisk the eggs and egg yolks together in a medium bowl until thoroughly combined, about 1 minute.
5. Whisk in the zest, sweetened condensed milk, and low-fat milk. Pour the mixture into the cake pan and gently place the roasting pan on the oven rack.
6. Being careful not to splash any water inside the pan of custard, pour the boiling water into the roasting pan until the water reaches halfway up the side of the cake pan.
7. Bake until the center of the custard is just barely set, is no longer sloshy, and an instant read thermometer inserted in the center registers 170 to 175 degrees, 30-40 minutes.
8. Carefully remove the roasting pan from the oven and carefully transfer the cake pan to a wire rack and let cool to room temperature, about 2 hours.
9. Wrap the cake pan with plastic wrap and refrigerate the custard until completely chilled, at least 2 hours and up to 24 hours.
10. Run a knife around the cake pan to loosen the custard. Invert a large serving platter over the top of the cake pan, and grasping both the cake pan and platter; , gently flip the custard onto the platter, drizzling any extra caramel sauce over the top (some caramel will remain stuck in the pan). serve immediately.

