

# Tames' Flan

## Ingredients

1½ Cups whole milk  
1 Cup Half & Half  
1 tsp. vanilla extract  
½ Cup sugar  
6 eggs  
Water  
Caramel sauce **OR**  
Chocolate sauce **OR**  
Jams or preserves

## Utensils

Measuring cup  
Measuring spoons  
8 custard cups or  
ramekins  
Slotted spoon  
Bowl  
Teakettle  
Fine mesh strainer  
Spoon  
Sauce pan  
Whisk or mixer  
Knife  
Tongs

Mixing bowl **OR** glass bowl or large measuring cup with spout  
Roasting pan large enough to accommodate custard cups with at least 1 inch to spare all around

Preheat oven to 350°.

Fill the teakettle with water and bring to a rolling boil. Remove kettle from heat and set aside.

Place 1-2 Tbs. of chosen topping into each of the custard cups. The topping should come a few millimeters up the side of the custard cup.

Separate 3 of the eggs using the slotted spoon. The dish can be prepared up to this point in advance.

In the sauce pan, combine milk, Half & Half, vanilla, and sugar. Bring to a bare simmer over medium low heat.

In a mixing bowl, combine the remaining whole eggs and the yolks from the separated eggs. Mix until the eggs are slightly thickened and lightened in color. While mixing, drizzle in about ¼ of the hot milk. Now whisk the tempered eggs back into the sauce pan with the remaining milk mixture.

Place the fine mesh strainer over the mixing bowl or large measuring cup with a spout.

Pour the egg mixture through the strainer in order to catch any curdled egg bits or particles that may be in the mixture.

Evenly distribute the custard mixture into the custard cups, going short on the first pass.

Place the custard cups into the roasting pan. Place the pan on the middle rack of the oven and pour boiling water into the pan until just under the level of the custard.

Cook the flans for about 40 minutes or until they wobble slightly when the pan is wiggled. You can also insert a knife midway between the edge and center. If it comes out clean, the flans are done. Using the tongs, remove the cups from the pan and let cool. Place the flans in the refrigerator to chill.