

Dulce De Leche Flan

Makes eight 6-oz flans

For the dulce de leche:

1 vanilla bean, split lengthwise
1 quart whole milk
4 cups sugar

For the flans:

1 large egg
8 large egg yolks

For the caramel:

½ cup sugar
½ teaspoon light corn syrup
2 tablespoons water

1. Make the dulce de leche: Scrape the seeds from the vanilla bean into a large heavy saucepan and stir in the vanilla pods, milk, and sugar. Bring the mixture to a gentle simmer, and then place a small saucer upside down in the pot to keep mixture from sticking to bottom or forming a crust. Cook over very low heat, stirring occasionally, until thick and brown, about 2 1/2 to 3 hours. Cool.
2. Preheat the oven to 325° F. Place eight 6-ounce ramekins in a shallow baking pan.
3. Make the caramel: Combine the sugar, corn syrup, and water in a small saucepan with a pouring lip. Stir the mixture over medium heat until the sugar dissolves. Increase heat and boil without stirring until it turns a deep amber color, occasionally brushing down the sides of pan with a wet pastry brush and swirling the pan as it cooks. Immediately pour the caramel into the ramekins, tilting and rotating the ramekins to coat the bottom, and rewarming the caramel over medium heat if it gets too thick.
4. Make the flans: Whisk together the egg and yolks in large bowl. Whisk in the dulce de leche. Strain the mixture through a sieve into a large measuring cup, then pour into ramekins, dividing evenly.
5. Place the baking pan in the oven and pour enough hot water into the pan to come two-thirds up the sides of the ramekins. Cover the pan tightly with aluminum foil and bake 30 minutes. Tent the foil to vent steam and continue to bake an additional 10 to 15 minutes, until the flans are set around edges but still slightly wobbly in centers. Using metal spatula, transfer the flans in ramekins to rack; cool 30 minutes. Chill at least 3 hours and up to 2 days.
6. To unmold flans, run a small knife around edges to loosen. Invert onto plates and serve.

Recipe courtesy of Sur La Table Chef Anna Norman

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