

Flan Mabel, *Pressure Cooker*

Flan is a vanilla-infused custard with a sweet caramel top layer. This authentic Mexican recipe is from my friend Mabel Gavito in Mazatlan, Mexico.

Ingredients

½ cup granulated sugar

4 eggs

1 can evaporated milk

1 can condensed milk

Vanilla to taste

Directions

Preheat oven to 350°

To make the caramel topping, place sugar and 2 tbsp water in a small saucepan and bring to a boil; the water boils away and the sugar changes from pale gold to amber to brown. You can stir the pan to help dissolve the sugar, but stop stirring once the mixture boils. As soon as the caramel reaches a deep golden brown, remove it from the heat and pour it into the mold or dish in which you will be baking the flan. (It will continue to cook once you pull it off the heat, so don't let it get too dark or the caramel will taste bitter and burnt.)

To make the custard, whisk the eggs until pale yellow. Don't over-mix the eggs: you don't want the eggs to become foamy, because the air bubbles affect the texture of the finished product. Add both cans of milk to the bowl of eggs, whisking constantly. Pour the custard base through a fine mesh strainer into a clean bowl to ensure a silky smooth texture. Pour the custard into the caramel-coated mold.

Baking flan in a water bath is crucial, due to the delicate nature. Place your mold in a roasting pan, and then fill the pan with boiling water about halfway up the sides of the mold.

Optional Pressure Cooker Method – Cover the flan mold with a double layer of aluminum foil. Place the mold on a trivet in the pressure cooker and fill the pressure cooker with boiling water about halfway up the sides of the mold. When pressure is achieved, cook for 8 minutes then release the pressure quickly.

The flan is ready to be removed from the oven when it has begun to set. Insert a toothpick into the custard near the center; if the flan sticks it, it needs more time in the oven. When the flan has begun to set, remove the roasting pan from the oven. Let the flan cool while sitting in the water bath, until the mold is cool enough to handle.

You should be able to slip the flan out of its mold with ease: run a butter knife or the tip of a paring knife around the edge of the mold to release the flan. Invert a plate over the mold, turn it over, and gently remove the dish.

Refrigerate before serving.



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