

FILIPINX LE FLAN



This le flan recipe is an adaptation from the recipe from "I Am A Filipino: And This Is How We Cook" by Nicole Ponseca and Miguel Trinidad.

INGREDIENTS

(14 oz/415 ml) can
condensed milk

1 1/2 cups (360 ml)
thick coconut milk
(recommend from a
can)

5 large eggs

1 cup (200 g) sugar
(recommend coconut
sugar)

INSTRUCTIONS

1. Preheat oven to 350 degrees F (175 degrees C).
 2. In a medium bowl, beat by hand or using a hand mixer the condensed milk, coconut milk, and eggs until well incorporated. Set aside.
 3. In a medium saucepan, melt the sugar one teaspoon at a time over low to medium heat, stirring continuously with a spatula or spoon until it begins to bubble and turn golden brown but being careful it doesn't burn. Depending on the heat and your personal stove top, this process could take anywhere between 5-15 minutes.
 4. Pour the caramelized sugar over the bottom of a 9" (23 cm) deep-dish pie pan or 9" x 5" baking dish, making sure it coats the inside of the entire pan.
 5. Pour the milk-egg mixture over the caramelized sugar. Set the pie pan into a large baking dish (recommend 9" x 13" in or larger) and fill with water halfway up the sides of the pan. (A cookie sheet with higher edges could be used but will only cook the bottom of the baking dish.)
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Submitted by Tiffany Go, '18

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6. Carefully transfer the baking dish to the oven and bake for 45 minutes, or until the center of the flan is set and is no longer liquid. You should be able to shake the baking dish and watch the center wiggle slightly as it should be firm.
7. Remove the pan from the water bath and let the flan cool slightly at room temperature, then refrigerate for 4 hours or overnight before serving.
8. To serve, gently invert the flan onto a serving plate and cut it into wedges. Serve cold or at room temperature. (The le flan will keep in the refrigerator for up to 2 days). Paired well with tea or coffee.



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