



FLAN

WITH CARAMELIZED PINEAPPLE

From the EPCOT® International
Food & Wine Festival

INGREDIENTS

SERVES 8

CARAMEL

- 1 cup white sugar
- 1/4 cup water

CUSTARD

- 1 (14-ounce) can sweetened condensed milk
- 1 cup whole milk
- 2 eggs
- 4 egg yolks
- 1 teaspoon vanilla extract

CARAMELIZED PINEAPPLE

- 1/2 cup sugar
- 1 medium pineapple
- 2 tablespoons butter
- 3 tablespoons pineapple juice or water

DIRECTIONS

FOR CARAMEL:

1. Combine sugar and water in medium saucepan. Gently swirl pan to combine, do not stir with spoon or whisk.
2. Cook without stirring over medium-high heat for 6 to 10 minutes, or until syrup turns deep amber.
3. Quickly pour caramel into 8-inch round metal or glass cake pan, tilting to evenly coat bottom. Set aside.

FOR FLAN:

1. Preheat oven to 300°F.
2. Combine sweetened condensed milk, milk, eggs, egg yolks, and vanilla in large mixing bowl. Whisk for 2 minutes.
3. Grease sides of pan with caramel with non-stick cooking spray.
4. Carefully pour in milk and egg mixture and place cake pan in 9 x 13-inch baking dish. Add enough hot water to come one-third up sides of baking dish.
5. Bake 1 hour or until set. Remove from oven and carefully remove flan from water bath. Cool for 1 hour on wire rack, then cover with plastic wrap and refrigerate for at least 4 hours before serving. To unmold, run knife around the edge and invert onto serving plate.

FOR CARAMELIZED PINEAPPLE:

1. Pour sugar in medium bowl. Set aside.
2. Core and peel pineapple; dice into 1/2-inch pieces and toss in sugar.
3. Melt butter in large nonstick skillet over medium-high heat; add sugared pineapple.
4. Sauté, stirring frequently, 8 to 10 minutes, until golden brown and caramelized.
5. Add pineapple juice or water to skillet to deglaze; briefly heating for 1-2 minutes
6. Spoon immediately over flan.