



Cream Cheese Flan

Serves 12

FOR THE CARAMEL:

1 cup sugar

Place the sugar in a heavy bottom pan, on a burner on high. Shake the pan a little a couple of times. Lower the heat to low as soon as the sugar starts melting. Start swirling the sugar inside the pan – swirl, leave alone; swirl, leave alone – until all the sugar has melted. Let it brown to your preference. The darker the caramel, the more bitter the sugar will be.

Pour into a mold and allow cooling. Be careful not to burn yourself with melted sugar. It will damage and hurt you.

FOR THE FLAN:

8 oz. (226 grs) of cream cheese

1 – 15 oz. (400 grs) can evaporated milk

1 – 15 oz.(390 grs) can sweetened condensed milk

1 tsp. vanilla extract

3 eggs

Heat the oven to 350 degrees. Place all the ingredients in a blender. Blend until smooth. Pour flan into mold with caramel.

Place the mold into an oven proof dish. Place it in the middle. Slowly pour enough boiling water into the pan, so as to reach the mold half way up on the sides. Carefully place the pan into the oven.

Cook the flan in the oven for about 1 hour – until you have a soft crust on top and a knife comes out with a light film that is not liquid. Remove the flan from the pan and allow it to cool down completely. Once cooled down. Cover it with plastic wrap and refrigerate it overnight.

Carefully run a knife on the sides of the mold, to release the flan. Place a serving dish directly over the mold – making sure the mold is in the middle. Quickly flip the mold onto the dish. Allow the flan and the caramel to fall out of the mold before removing it. Slice and enjoy!

CALORIES 260.41.; FAT 13.46 grs (sat 7.62; mono 3.78; poly 0.71); PROTEIN 7.83 grs ; FIBER 0.00 grs; CARBS 27.60 grs; CHOLESEROL 89.66 mg; IRON 0.42 mg; SODIUM 160.80 mg; CALCIUM 215.83 mg

