

# Betty's Elegant Caramel Custard



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In this video, Betty demonstrates how to make Elegant Caramel Custard. In Spanish cooking, this dessert is called Flan. It's delicious!

## Ingredients:

- 1 cup sugar
- ½ cup water
- 3 whole eggs
- 2 egg yolks
- ½ cup additional sugar
- 2 ½ cups lukewarm milk
- 1 tablespoon vanilla extract

In a medium-sized pot, combine 1 cup sugar and ½ cup water. Cook, stirring constantly, over medium heat, until mixture comes to a boil. Reduce heat to low and cook, stirring constantly, 10 minutes, or until sugar caramelizes (turns an amber color). Pour equal amounts of the syrup into 8 custard cups. In a large mixing bowl, use an electric mixer to beat 3 eggs, 2 egg yolks, and ½ cup sugar until blended. Gradually add 2 ½ cups lukewarm milk, continuing to blend with an electric mixer or whisk. Blend in 1 tablespoon vanilla, until completely blended. Spoon custard mixture equally into the 8 custard cups on top of the caramelized sugar. Place custard cups in a roasting pan, and add hot tap water to a depth of ¼ -inch to ½-inch. Cover roasting pan with aluminum foil. Bake at 325 (F) for about 45 minutes, or until a knife inserted into the thickest part comes out clean. Remove custard cups to a wire rack, and let stand at room temperature for 1 hour. Place the custard cups back in the roasting pan (which has been emptied of water) and re-cover with the aluminum foil. Chill 3 hours. To serve, run a knife around the sides of the custards to loosen them completely and neatly from their cups. Invert each onto a serving plate, allowing all of the watery syrup from the bottom of the cup drizzle over the top. These Elegant Caramel Custards are beautiful, and they are very simple to make. I hope you enjoy the recipe!