

Portuguese Flan

Category: Dessert

Servings: 12

Rating: 10

Source: Time-Life, Cooking of Spain and Portugal

Description:

One of the best desserts ever invented! Creamy and rich, with the wonderful taste of browned sugar. Don't fight over the one left over!

Ingredients:

cream	1-1/2 cup
milk	1-1/2 cup
sugar	3/4 cup
egg yolk	6
port	2 teaspoon

Instructions:

Preheat the oven to 350°. In a heavy saucepan warm the cream and milk over high heat until small bubbles appear around the edge of the pan. Set aside. In a small heavy saucepan, caramelize the sugar by stirring it over moderate heat, until it melts and turns a light golden brown. Immediately pour the hot cream and milk in a thin stream into the caramel, stirring constantly with a large spoon. Continue to stir until the caramel has thoroughly dissolved. Beat the egg yolks until they are well blended. Then slowly pour in the cream mixture, stirring constantly with a spoon. Stir in the port and strain the mixture into individual custard cups.

Set the molds in a large roasting pan on the middle shelf of the oven and pour in enough water to come half way up the sides of the molds. Bake for 40 minutes or until a knife inserted into the center of the custard comes out clean. Cool to room temperature and refrigerate for at least 3 hours.