Magali's Flan de Leche

Description

When I was very young, the three kings brought me a little house. I took housekeeping very seriously and I wanted to cook real food. I bothered the family cook to the extreme that eventually somebody in the extended family in our house at the sugar mill town where my father was the doctor taught me how to make flan.
For the next months we had flan every day. I think that I ate more than anybody else and finally reached the point where I got sick. For more than 50 years I never ate flan. In 1989 when I moved to San Francisco, Bob and Maria were in the restaurant business. Somehow I volunteered to make flan and I did that until Bob took over. I think that the same thing happened to him.



Summary

Yield: 8
Source: Magali Leiseca
Prep Time: 30 minutes

Ingredients

- 1 3/4 cups sugar
- 3 eggs
- 3 egg yolks
- 2 cups milk
- pinch salt
- 1 tsp vanilla extract
- 2 inch strip of lime zest

Instructions

Preheat the oven to 350° F.

Use 1 cup of the sugar to caramelize a 3 or 4 cup mold. Set it aside.

Lightly beat the eggs and egg yolks together.

Add the milk, the remaining 3/4 cup sugar, the salt, vanilla, and lime rind, whisking just enough to mix them.

Pour the mixture into the mold. Place the mold in a large pan, and pour enough hot water into

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the larger pan to come halfway up the sides of the mold.

Bake for about 1 1/2 hours until a toothpick inserted into the flan comes out clean.

Remove the mold from the hot water and allow it to cool on a wire rack for 30 minutes, then refrigerate until chilled.

When ready to serve, turn the flan over onto a serving plate that is deep enough to hold the caramel sauce. Slice it into portions and spoon the caramel over each serving.