



Vanilla Flan with Caramel Sauce

Serves: 6

Prep: 20 minutes

Cook: 35 minutes

Stack Cup



This is a Monash University Low FODMAP Certified™ recipe by FODifyIt!.

Ingredients	Metric	Imperial
½ cup sugar	100 g	3.5 oz
3 tbsps water	45 g	1.59 oz
3 large eggs plus 2 large egg yolks, room temperature	137 g	4.8 oz
1 cup plain, unsweetened almond milk, room temperature	240 g	8.47 oz
¾ cup canned full-fat coconut milk for cooking, containing no inulin, well-stirred, room temperature	180 g	6.3 oz
½ cup sugar	100 g	3.5 oz
1 tbsp vanilla extract (essence)	15 g	0.53 oz
Pinch fine sea salt		

Method

- Caramel:** Pour the sugar and water into a medium saucepan over medium high heat. Swirl the pan for 1 to 2 minutes until the sugar dissolves. Let the sugar water simmer gently and cook undisturbed for 3 minutes. As the color begins to turn a light honey color, gently swirl the pan 3 times, then allow the caramel to continue to simmer until it turns medium-dark amber, but not dark brown. Be sure not to stir or swirl too much or it will crystallize and seize up. This step should take about 7 minutes.
- Place the flan mold inside the rimmed baking pan. Pour the hot caramel into the mold. At this stage the mixture is lava hot so be very careful to not touch, splatter, or dip your finger in for a taste. Using heavy oven mitts, tip the mold back and forth to coat the bottom with caramel, and slightly up the sides. Return it to the baking pan and let cool for 10 minutes.
- Flan:** Pour the flan ingredients into a blender and purée for 2 minutes. Pour through a fine mesh metal strainer over the caramel. It may make a loud crack! sound that is perfectly normal if the caramel is still warm when the cold liquids are added. Place in the oven. Pour hot water into the larger baking pan, surrounding the mold in 1/2-inch (1.25 cm) deep water. This will create steam for a creamy, tender flan.
- Baking times will vary according to your oven and the pan you use. Bake for 25 minutes and check by inserting a knife into the flan, but not all the way through to the caramel as this will leave a mark on the top of the flan when it's turned out onto a platter. When the knife comes out clean and the center of the flan is only slightly jiggly, it is done. If still soupy, bake 10 more minutes. (There have been cold winter days when I have cooked mine for 50 minutes).
- Remove from the oven and use heavy mitts to lift the mold from the water bath. Allow to cool for 20 minutes, cover with plastic wrap and refrigerate 8 hours to overnight.

When ready to serve, run a knife around the edges of the mold to release the flan. Invert onto a rimmed serving platter to contain the caramel. Slice and serve as is, or topped with a kiwi slice and a strawberry.

Nutrition Information (per serve)	
Energy	898 Kj / 215 cal
Protein	3.49g
Carbohydrates	35.28g
Sugar	35.26g
Total Fat	7.39g
Saturated Fat	4.37g
Fibre	0.12g