



Flan a la Antigua (Old fashioned flan)

For the custard:

1 quart milk
½ cup granulated sugar
1 cinnamon stick
a pinch of salt
4 whole eggs
6 egg yolks
cheesecloth or fine strainer

For the caramel:

½ cup granulated sugar

Method: Pre-heat oven to 350 degrees. Heat the milk, add the sugar, cinnamon, and salt and let simmer briskly for about 15 minutes. The milk should be reduced by ½ cup. Set aside to cool.

Beat the eggs and the yolks together well. Add to the cool milk mixture and blend well. Pour mixture through strainer, removing the cinnamon. To make the caramel: heat a small heavy frying pan. Add ½ cup granulated sugar and leave it over medium flame until the sugar on the bottom just starts to color. Mix with a wooden spoon until caramel is golden brown. Pour hot caramel into flan mold or individual cups. Bake in a water bath for about 1 and ½ hours. Flan is done when a knife is removed clean. Let flan cool for at least 4 hours or preferably overnight. Unmold by heating bottom of mold and turn onto platter. Serve room temperature.