

## **Baked Custard – (Flan)**

Region: Catalonia  
(Serves 4 to 6)

**Time:** About 45 minutes

### **Ingredients:**

|     |       |                                  |
|-----|-------|----------------------------------|
| 2   | Cups  | Heavy cream, light cream or milk |
| ½   | Tsp   | Cinnamon, ground                 |
| ½   | Tsp   | Nutmeg, ground                   |
| 2   | Each  | Eggs                             |
| 2   | Each  | Egg yolks only                   |
| 1 ½ | Cup   | Sugar                            |
| ¼   | Cup   | Water                            |
|     | Pinch | Salt                             |

### **Instructions:**

1. Place cream in a small saucepan with the cinnamon and half the nutmeg and turn the heat to medium. Cook just until it begins to steam.
2. Use a whisk or electric mixer to beat the eggs and yolks with the salt and ½ cup sugar until pale yellow and fairly thick. Preheat the oven to 300 F and set the kettle of water to boil.
3. Add the cream gradually to the egg mixture, stirring constantly.
4. Place 1 cup sugar and ¼ cup water in a small non-aluminum saucepan. Turn the heat to low and cook stirring occasionally, until the sugar liquefies, turns clear, then golden brown, about 15 minutes. Remove from the heat and immediately pour the caramel into the bottom of a large bowl or six 4-6 oz custard cups.
5. Pour the custard mixture over the caramel and top with the remaining nutmeg. Place the bowl or cups in a baking pan and pour hot water in, to within about 1 inch of the top of the bowl or cups. Bake until the mixture is not quite set – it should wobble just a little in the middle – about 30 minutes for the cups, longer if you're baking in a bowl. Use your judgment; cream sets up faster than milk.

Source: [How to Cook Everything](#); Mark Bittman