

Traditional Cuban

Caramel Flan

⌚ Prep: 15m

🔥 Cook: 60m

❄️ Rest: 4h

Σ Total: 315m

👤 8 servings



📺 Video ref: Cocina Cubana con Luz

MISE EN PLACE / INGREDIENTS

[6]

- ☐ 1 can (14 oz) Sweetened condensed milk (Nestlé La Lechera)
- ☐ 1 can (12 oz) Evaporated milk (Carnation)
- ☐ 5 whole Large eggs at room temperature
- ☐ 1 cup Granulated sugar
- ☐ 2 tbsp Water (2 tbsp for caramel + hot water for baño María water bath)
- ☐ 1 tbsp Pure vanilla extract

🛒 US SUPERMARKET BRAND GUIDE

Sweetened Condensed Milk: Nestlé La Lechera
High density milk solids for sliceable creaminess. • 📍 Baking aisle.

COOKING SEQUENCE & CHECKPOINTS

1

Melt Caramel

⌚ 10 min

Simmer granulated sugar with 2 tbsp water over medium heat for 10 minutes to 340°F (170°C), swirling pan by the handle until deep amber. Coat the bottom and sides of the mold.
✓ Checkpoint: Liquid bronze caramel.

2

Whisk Custard

⌚ 5 min

Gently whisk eggs, sweetened condensed milk, evaporated milk, and vanilla for 5 minutes until smooth without incorporating excess air.
✓ Checkpoint: Velvety custard.

3

Bake in Water Bath

⌚ 50 min

Strain into caramelized mold. Bake at 325°F (163°C) in a hot water bath (baño María) for 50 minutes (60 minutes total cook time including caramel).
✓ Checkpoint: Set edges with slight center wobble (170°F–175°F / 77°C–79°C).

4

Chill 4 Hours and Invert

⌚ 4h (240m)

Cool briefly, then chill in the refrigerator for 4 hours (240 minutes) until completely firm before running a knife along the edge and inverting onto a platter.
✓ Checkpoint: Smooth chilled flan with rich caramel sauce.

🛡️ **FOOD SAFETY & INTERNAL TEMPERATURE: SAFETY ≥160°F (71°C) | TEXTURE TARGET: 170°F–175°F (77°C–79°C) CUSTARD CENTER AT 325°F (163°C) BAÑO MARÍA**
USDA Egg & Dairy Safety Minimum: Bake custard to ≥160°F (71°C) to eliminate Salmonella; refrigerate at ≤40°F (4°C) within 2 hours of baking.

👁️ **MASTER DONENESS CHECKPOINT:**
Silky, dense crumb with zero bubble pockets when sliced cleanly.

🔬 **WHY IT WORKS:**
Gentle Bain-Marie Thermal Buffer: Surrounding the mold with hot water buffers dry 325°F (163°C) oven heat and moderates thermal transfer at the edges, allowing you to pull the flan when the center reaches 170°F–175°F (77°C–79°C)—before egg proteins overheat past 185°F (85°C) and form porous bubbles (syneresis).

⚠️ **TROUBLESHOOTING:**
Crystallized caramel: Swirl pan gently by handle without utensils.