

ALMOND ORANGE FLAN



Time
15min



Servings
8

Calcium Recommended Daily Intake
20.00%

Calories
328

Calcium
204mg

Protein
11g

Vitamin D
1.18 IU

Ingredients

- 200 g sugar
- 950 ml whole milk
- 1 tsp vanilla extract
- 1/2 tsp almond extract
- 1/4 tsp nutmeg
- 8 eggs (4 whole eggs and 4 egg yolks required)
- 100 g whole blanched almonds, toasted
- Finely grated rind of 1 orange

Instructions

1. Preheat oven to 165 °C / 325 °F.
2. Heat 100 g sugar in a nonstick pan over medium heat until sugar becomes slightly golden brown (about 10 minutes), stirring with a wooden spoon. Pour immediately into the bottom of the cake pan, coating the bottom evenly.
3. Combine milk, vanilla, almond extract, nutmeg and remaining sugar in a saucepan. Place over low to medium heat and cook while stirring, without allowing to come to a boil, until almost simmering. Remove from heat.
4. Beat eggs and egg yolks in a large bowl. Strain milk mixture, 60 ml at a time, through a fine-mesh sieve into eggs, whisking well. Stir in orange peel.
5. Place empty cake pan in a large roasting pan. Pour milk mixture into cake pan; carefully place roasting pan in the middle rack of oven. Pour enough hot water into roasting pan to within 2.5 cm of the top of cake pan. Cover cake pan with foil.
6. Bake about 60 minutes, until custard is just set (mixture should jiggle slightly). Remove from oven. Remove cake pan from water bath and let cool. Cover with plastic wrap. Refrigerate at least 6 hours or longer.
7. Serving instructions: Run a knife around the edge of the flan. Place a large serving plate (must overlap flan dish by at least 1 inch) on top. Invert the flan onto a plate. Sprinkle toasted almonds on top.



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