

Egg Flan

Cuisine: **Spanish**
Food category: **Desserts**



Author: [Alejandro Platero](#)

Company: [Retigo Spain SL](#)



Program steps

Preheating: 99 °C

1

 Steaming

 Termination by time

 00:45 hh:mm

 84 °C

 50 %



Ingredients - number of portions - 12		
Name	Value	Unit
35% whipping cream	900	g
Whole milk lukewarm	100	g
sugar	150	g
vanilla extract or natural vanilla	7	g
liquid caramel	100	g
eggs	6	pcs

Nutrition and allergens	
Allergens: EGG	
Minerals: Iron, Phosphorus, Selenium, Sodium: 38758 mg	
Vitamins: Riboflavin, Vitamin A, Vitamin B12	
Nutritional value of one portion	Value
Energy	22.5 kJ
Carbohydrate	0.4 g
Fat	0.3 g
Protein	0.3 g
Water	8.3 g

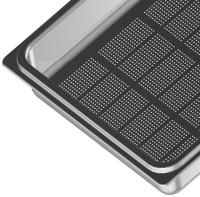
Directions

In a bowl or mixer, add all the ingredients except for the liquid caramel, mix gently with a whisk or with a food processor.

Cover the bottom of the flan molds with the liquid caramel and then, using a spoon, fill the flan molds (be careful not to mix with the caramel).

Place the flan molds on a perforated tray, cover with film, and steam cook. Once cooking is finished, quickly lower the temperature.

Recommended accessories



GN container Stainless steel perforated