

Filipino Leche Flan



Preparation time: 60 mins

Serves: 4 people

User Rating: ★★★★★

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A 'must have' at celebrations in the Phillipines, the Leche Flan was introduced to the country by the Spanish, but this regional variation is a heavier version and is made with condensed milk and more egg yolks. It is usually steamed rather than baked.



Ingredients

½ cup sugar

5 eggs

1 can evaporated milk (375ml)

1 can sweetened condensed milk (395g, 300ml)

½ tsp vanilla extract

Method

1. Heat the sugar in a small saucepan until it liquefies and turns to a golden caramel. Pour into the base of a 20cm diameter round or similar

sized oval baking tin and allow to harden for a few minutes at room temperature. There is no need to line or grease the tin.

2. Blend the remaining ingredients together and strain through a fine sieve over the caramel to remove any lumps. If you want a creamier flan you can strain it 2-3 more times to remove further bubbles.
3. Put the baking tin into the basket of a bamboo steamer and steam over low heat for 30-40 minutes, or until the centre is just barely set (test by tapping or wiggling the tin and watching the ripples on the top of the flan) and then remove from the heat. It's best to take the flan off the heat while the centre is still a little wobbly, as it will continue to set off the heat.
4. If you prefer to bake the leche flan: put the baking tin inside a larger baking tray and place into a 180C (traditional) oven. Pour boiling water into the larger tray until it comes halfway up the sides of the leche flan tin, bake for about 45 mins to 1 hour, and then remove from the oven.