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Flan (Caramel Custard)

makes 8 servings

1 cup sugar

3-1/2 cups milk

6 eggs

2 egg yolks

1 teaspoon vanilla extract

1/4 teaspoon almond extract

1/3 cup toasted chopped almonds or berries for garnish (optional)



Heat 1/2 cup of the sugar in a heavy saucepan until it melts and turns amber, shaking the pan. Immediately pour into a 1-1/2 quart ring mold and tilt to coat all sides. Pour milk into the pan and heat until scalding. Beat eggs and yolks until light and beat in the remaining 1/2 cup sugar. Stir in the milk, vanilla and almond extract. Pour into the mold and place in pan of hot water. Bake in a 350 F oven for 50 minutes or until set. Let cool and chill. With a knife, loosen the edges and un-mold onto a platter. Sprinkle with nuts or accompany with berries, if you wish.