

AquaMusements

by Jackie Parker (Workout Group: OPEN)

Let's Make Delicious Flan

from leftover Gu

Use up the gross flavors that you always have left from the variety pack!



INGREDIENTS

- 1 3/4 cups whipping cream
- 1 cup milk
- Pinch of salt
- 1 tsp. vanilla or vanilla Gu packet
- 1 cup sugar
- 1/3 cup water
- 3 large eggs
- 2 large yolks
- 1 packet Gu!
- 7 tablespoons sugar



Pour custard through small sieve into prepared ramekins, dividing evenly (mixture will fill ramekins). Pour enough hot water into baking pan to come halfway up sides of ramekins. It's like a hot tub for your flan!



Combine 1 cup sugar and 1/3 cup water in another heavy medium saucepan. Stir over low heat until sugar dissolves and turns brown. Quickly pour caramel into six 3/4-cup ramekins or custard cups. Be incredibly careful when doing this! True story: a few years ago, a friend of mine was making flan and during this step, burned herself to the extent that she required a skin graft on her hand....from skin from her leg! Do you want to have to shave your hands?!! Proceed with caution!



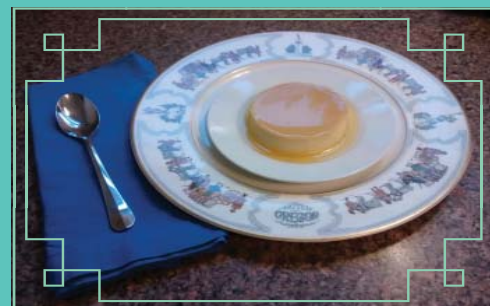
Position rack in center of oven and preheat to 350°F. Bake until centers of flans are gently set, about 40 minutes. Once cool, chill until cold, about 2 hours. Cover and chill overnight.



Combine cream, milk and salt in heavy medium saucepan. Bring to simmer over medium heat. Remove from heat and cool 5 minutes. Whisk eggs, egg yolks and 7 tablespoons sugar in medium bowl just until blended. Gradually and gently whisk cream mixture into egg mixture and then add your Gu packet.

Voila!

Enjoy your delicious Gu flan!



Recipe credit:

<http://www.epicurious.com/recipes/food/views/the-perfect-flan-1902>