

# Egg Flan

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



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## 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   |

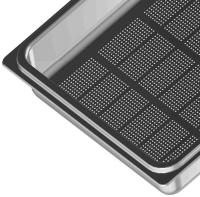
Directions

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