

Creamy Flan

2 T. olive oil
1 c. sugar
2 T. water
3 c. Strauss Family Creamery half & half
4 eggs
3 egg yolks
3/4 c. sugar
1 T. pure vanilla extract
eight 6-ounce ramekins or an 8 x 8-inch square baking dish

In a small saucepan, combine 1 cup sugar and water and mix to combine. Cook on high heat. Sugar will melt and slowly change from clear to a light amber color. Do not stir sugar! Watch carefully as color will change quickly to a medium dark amber color. Remove from heat and divide caramel evenly into the ramekins. Swirl caramel to coat bottoms evenly. Place ramekins in a large baking dish (this will be used as a water bath).

Preheat oven to 325°F. In a mixing bowl whisk eggs and egg yolks with sugar to dissolve sugar. Add vanilla and half & half and mix well. Strain mixture through a fine strainer into a measuring cup with a spout. Carefully fill each ramekin with custard mixture and transfer the baking dish to the oven. Add enough hot tap water to go half way up the sides of the ramekins. Carefully slide baking dish into oven and bake for 45-60 minutes until custard is firm in the middle when jiggled (you are looking for a firm Jell-O jiggle). Remove ramekins from water bath and allow to cool. Chill in refrigerator for at least two hours before serving. You can make flan a day ahead.

To serve, run a small blade around the sides of the flan to release the flan. Invert onto a small dessert plate and give the ramekin a good downward shake. The flan should come out. Scrape any extra caramel from the ramekin onto the plate. Serves 8.

Calories: 347, Fat: 15g, Calories from fat: 37%, Protein: 6g, Carbs: 48g, Dietary fiber: 0g, Cholesterol: 207mg, Sodium: 68mg