

Pumpkin Flan



Makes:

12 servings

Utensil:

Saladmaster Food Processor
11" Large Skillet with Cover
Round Cake Pan (9 inch)
Blender

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Recipe:

Contributed By:

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Recipe Description:

Flan is a delicious dessert that is very popular around the world. It is prepared using eggs, milk and sugar, with a caramel sauce on top. This recipe features a special Saladmaster touch - pumpkin. You won't be able to resist a second helping!

14 ounces
sweetened condensed milk
(400
g)
14 ounces
evaporated milk
(400
g)
14 ounces
heavy cream
(400
g)
½ teaspoon
vanilla extract
(2,5
mL)
4 eggs

1/4 pound
pumpkin, shredded, use Cone #1
(113
g)
2 tablespoons
white sugar
(25
g)

Directions:

1. Mix condensed milk, evaporated milk, heavy cream, vanilla, eggs and pumpkin in blender for 5 minutes.
2. Meanwhile, add sugar to round cake pan and cook over medium-low heat until it caramelizes. Remove from heat.
3. Add 1 cup of water to skillet and place cake pan inside skillet.
4. Carefully pour creamed mixture in cake pan. Cover skillet, set temperature to medium and cook flan in a water bath.
5. When Vapo-Valve™ clicks, reduce temperature to low. Cook for at least one hour or until set.
6. Remove cake pan from skillet and let flan cool completely.
7. Once cooled, invert flan onto serving platter. Refrigerate for 3 hours.
8. Decorate with shredded pumpkin and serve.

Nutritional Information per

▼ Serving

Calories: 302
Total Fat: 19g
Saturated Fat: 12g
Cholesterol: 137mg
Sodium: 114mg
Total 25g
Carbs:
Dietary Fiber: 0g
Sugar: 24g
Protein: 8g