

Pumpkin Flan Recipe *(serves 8-10)*

Pumpkin Pie:

*2 cups sugar
1 ½ cups heavy cream
1 cup milk
5 large eggs
1 (15 oz) can solid pack pumpkin (not pie filling)
1 teaspoon ground ginger
1 teaspoon vanilla
¼ teaspoon nutmeg
¼ teaspoon salt
2 teaspoons ground cinnamon
1 cup unsalted, hulled pumpkin seeds*

Heat oven to 350 degrees. Heat an 8 inch round glass or metal dish in the oven while you make the caramel on the stove. Cook 1 cup of sugar in a heavy bottom pan over medium heat, until it melts and turns into a deep golden caramel color. Remove the dish from the oven, spray the bottom of the pan with a nonstick spray oil, and pour the hot caramel into the hot dish. Be careful not to splash the hot caramel. Move the dish around to coat the bottom with the caramel. Set it aside so the caramel hardens.

Flan Recipe:

Bring the cream and milk to a simmer in a pan over medium heat.

Beat eggs on medium speed until well blended. Add the sugar and beat for two minutes. Whisk in the pumpkin, vanilla, spices and salt until well combined. Add the milk and cream, whisking constantly.

Pour the custard over the caramel and bake in a water bath in the oven until a toothpick comes out clean. About 1 hour. Remove from water bath and allow to cool. Chill flan covered overnight.

When ready to serve, toast the pumpkin seeds in a heavy bottom skillet for about 7 minutes minimum. Be careful not to burn them. Loosen the sides of the flan by running a thin knife on the sides. Hold your serving dish over the pan and invert onto the serving dish. Caramel will pour over the flan. Top with the toasted seeds and serve.



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