



THE J.M. SMUCKER Co

Fall Harvest Apple Flan

Prep Time Cook Time Serves Difficulty

20 mins 50 mins 8 N/A

Ingredients

- 4 cups (1 L) 2 apples, peeled and thinly sliced
- 2 tbsp (30 mL) butter
- 1/2 tsp (2 mL) cinnamon
- 1 cup (250 mL) sugar
- 2 tbsp (30 mL) water
- 1 can **Carnation®** Regular, 2% or Fat Free Evaporated Milk

2% Evaporated Partly Skimmed Milk

- 1 can (300 mL) **Eagle Brand®** Regular or Low Fat Sweetened Condensed Milk
- 3 eggs
- 1 tbsp (15 mL) vanilla extract

Directions

Step 1:

Preheat oven to 350°F (180°C). Fill a roasting pan half full of water. Place in oven to heat up while making flan.

Step 2:

Heat butter on medium heat in large skillet. Add apples and cinnamon. Cook for about 5 to 7 minutes until apples are tender. Set aside.

Step 3:

Stir sugar and water together in medium saucepan on medium-high heat. When sugar is dissolved, stop stirring and cook for 5 to 6 minutes or until mixture turns to caramel. When sugar is a deep golden colour, pour into a 9" x 5" (23 cm x 13 cm) loaf pan. Tilt pan to coat bottom of pan. Place reserved apples on top of caramel.

Step 4:

Whisk evaporated milk, sweetened condensed milk, eggs and vanilla until smooth. Strain mixture into clean mixing bowl. Pour strained mixture into loaf pan. Apples will float to top.

Step 5:

Place loaf pan in roasting pan of hot water. Bake for 50 to 55 minutes, or until custard is set.

Step 6:

Cool, wrap with plastic wrap and refrigerate until cold. To unmold, run a knife around edge of pan. Carefully invert on serving plate with edges to catch when completely cold.

Images

