Salted Caramel Flan

For 4 people

Preparation: 20 min

Cooking time: 45 min

Easy

Salted caramel

45 g brown sugar

30 g of water

3 cl DreamTM Cashew-Rice + Calcium

15 g of cornstarch

1/4 tsp fleur de sel

Flan

3,75 dl DreamTM Cashew-Rice + Calcium

75 g of cane sugar

1 vanilla pod, deseeded

3 eggs

2 Tbs vegetable margarine

1. Preheat the oven to 180 °C. For salted caramel: heat the sugar with the water and vegetable drink. When the sugar has melted, add the cornstarch and salt. Cook for about 5 minutes. Set aside.
2. Flan: heat the vegetable drink with the sugar and the vanilla. Be careful: do not bring it to a boiling point. Beat the eggs. Slowly pour the hot vegetable drink over the eggs. Add the margarine. Stir until melted. Then add salted caramel.
3. Pour the flan into ramekins. Place the ramekins in a baking dish filled with water ¾ to top of pan. Bake 35 minutes in the water bath.

Tip:

If your ramekins are tall, continue cooking another 10 minutes.

Variation:

Replace the DreamTM Cashew-Rice + Calcium by DreamTM Rice Calcium, DreamTM Coconut + Calcium & Vitamins or DreamTM Almond + Calcium & Vitamins.