



MasterChef
AUSTRALIA

Official MasterChef Recipe 

Caramel Flan

Ingredients

1 cup white sugar
5 egg yolks
2 cans sweet condensed milk
1 1/2 cans full cream milk
1 tbs cornflour
1 teaspoon vanilla essence
1 tbs cornflour
1 cup caster sugar
1 punnet strawberries, hulled and sliced



Method officially tested

1. Place sugar into a saucepan and melt over low heat until melted and caramel in colour.
2. Pour into a flan tin and tilt to cover the whole base. Set aside to harden.
3. Combine the egg yolks, condensed milk, milk and vanilla in a saucepan and simmer over a low heat.
4. Combine cornflour with enough water to make a smooth paste and stirring continuously pour into custard until custard has thickened; cook a few further minutes until mixture has thickened.
5. Strain into flan tin over hardened toffee and cover with foil. Place into steamer. Fit steamer over a pan of lightly simmering water and cook 40-45 minutes or until set. Cool in freezer until cold.
6. Pour sugar into a saucepan and place over medium-low heat until melted, pour onto a baking tray lined with greaseproof paper. Allow to harden and break into shards.
7. Tip out custard onto a serving plate, decorate top with shards of caramel and sliced strawberries.