

# Instant Pot Caramel Flan

*Courtesy of Marc Eaton*

## INGREDIENTS

- ½ C Granulated sugar
- 7 fl oz Sweetened condensed milk (½ of a 14 fl oz can)
- 6 fl oz Evaporated milk (½ of a 12 fl oz can)
- 3 Eggs
- 4 oz Cream cheese
- ½ tsp Vanilla extract
- A 4-cup heat-safe bowl or a metal 7" cake pan. Make sure it fits in the Instant Pot.
- Instant Pot trivet

## DIRECTIONS

- **Caramelize the sugar:**
  - Heat the sugar in a medium saucepan over medium-high heat, stirring the constantly.
  - The sugar will begin to clump and then turn a golden brown color as it melts into caramel.
  - Continue to stir until all the sugar has been liquefied and there are no more clumps left in the saucepan.
  - Do not leave the sugar unattended. It can go from perfect to burnt very quickly.
  - Pour the caramel into the 4-cup heat-safe bowl or a metal 7" cake pan. It is VERY HOT, do not get it on your skin.
  - Carefully swirl the caramel around the bottom of the bowl or pan and a little up the sides. It will quickly cool.
- **Making the flan:**
  - Mix the milks, eggs, cream cheese and vanilla in a blender until smooth.
  - When smooth, pour over the hardened caramel in the bowl/pan. The caramel may make cracking sounds. That is OK.
  - Cover the bowl/pan tightly with aluminum foil.
  - Pour 3 cups of water into the bottom of the Instant Pot.
  - Place the covered bowl/pan with the flan onto the trivet and carefully lower it into the Instant Pot.
  - Place the lid on the Instant Pot and cook on Manual High Pressure for 14 minutes.
  - When complete, allow for a full natural pressure release.
  - Carefully remove it from the Instant Pot and allow it to cool on the counter for 20 minutes.
  - After 20 minutes, carefully move it to the refrigerator to continue to cool and set overnight.
- **Flipping the flan:**
  - The next day, uncover the flan, run a knife around the edge of the bowl/pan to separate it.
  - Place a plate over the bowl/pan.
  - Quickly, but carefully, flip the pan to unmold the flan.