



A TASTEFUL PLACE
AT THE DALLAS ARBORETUM

Flan de Calabaza (Pumpkin Flan)

Ingredients

- ¾ c granulated sugar
- 3 tbsp water
- ¼ tsp of cream of tartar*
- 2 c whole milk (or 1 c milk + 1 c heavy cream)
- 1 c roasted pumpkin puree (or 1 c of canned pumpkin puree)
- 1 c sweetened condensed milk
- 3 large eggs
- 2 egg yolks
- ½ c brown sugar
- 1 tsp ground cinnamon
- ½ tsp ground ginger
- ¼ tsp ground nutmeg
- 1 tsp vanilla, optional
- Salt, optional

Directions

*For fresh pumpkin: Set the oven to 375 degrees Fahrenheit. Wash, halve, and scoop the pumpkin seeds out. Place the pumpkin on a sheet tray lined with parchment with the halves facing down and cook for 45-60 minutes. Scoop out the flesh, and blend it until smooth (you can strain the blended pumpkin if it's too watery).

In a saucepan, heat your sugar, water, and cream of tartar over low-medium heat while gently swirling the liquid. Do not stir the liquid otherwise it'll crystallize. With a basting brush and some water on the side, gently pat the edges of the pan to get off any extra sugar that hasn't melted into the pot. Once it becomes a golden amber color (roughly 8-10 minutes) begin pouring the caramel into either a cake pan, cupcake tins, or oven safe ramikins tilting it so it coats the bottom evenly. In a blender add all other ingredients and blend or whisk until smooth (Less than one minute). **The key to perfectly baked custard in the oven (also works with cheesecake) is to use a water bath to distribute the heat evenly and cover with foil.** Pour the custard mixture over your set caramel. In a large pan that fits your container, and set the custard into the pan and bake for 50-65 minutes or until there's a slight jiggle. Cool for at least 4 hours, or overnight.

*Cream of tartar is one of the many additives you can add to help inhibit crystallization in your caramel. You do not have to use it however it does help significantly if you're having trouble with the caramel.

Cream of tartar and lemon juice can be used for caramel because the acidity in each acts as an interfering agent to inhibit crystallization. A dash of corn syrup can be used if you have neither of those on hand, however the principle interfering agent actually lies in the glucose and fructose molecules that assist in inhibiting large crystals to form.