



PUMPKIN FLAN

SERVINGS 8
PREP TIME 30 min
COOK TIME 75 min

INGREDIENTS

For the Caramel:

- 3/4 cup sugar
- 1/3 cup maple syrup
- 1/3 cup water
- 2 teaspoons pure vanilla extract

For the Pumpkin Custard:

- 1 (14-ounce) can condensed milk
- 1 (12-ounce) can evaporated milk
- 1 cup pumpkin puree
- 1/2 cup mascarpone cheese
- 4 large eggs
- 2 teaspoons pumpkin pie spice
- Pumpkin seeds, for garnish

DIRECTIONS

1. Gather the ingredients. Preheat the oven to 350 F.
2. Combine the sugar, maple syrup, and water in a heavy-bottomed saucepan. Bring to a boil, swirling the saucepan to dissolve the sugar. Do not stir. Cook at a low boil, without stirring, until the mixture turns a golden-brown hue and registers 230 F on a candy thermometer. Test the caramel for a thread shape if you don't have a candy thermometer.
3. Pour caramel immediately into a 9-inch round cake pan with tall sides. Set aside to cool for 30 minutes while you make the custard.

Make the Flan

4. Combine the condensed milk, evaporated milk, pumpkin puree, mascarpone cheese, eggs, vanilla extract, and pumpkin pie spice in a blender. Blend until smooth and well combined.
5. Gently pour the pumpkin mixture into the pan with the maple caramel.
6. Place the cake pan inside a large roasting pan with high sides. Fill the roasting pan with hot tap water until it comes halfway up the sides of the cake pan. Bake for 70 to 75 minutes or until the custard is just set and still jiggles slightly in the middle.
7. Carefully remove the flan from the water bath and place on a wire rack to cool completely.
8. Once cooled, cover the flan with plastic wrap and refrigerate at least 3 hours or overnight.
9. When ready to serve, run a knife around the edge of the cake pan to loosen. Invert flan onto a rimmed serving plate, allowing the flan to drop out and the maple caramel sauce to flow over the custard.
10. Garnish with pumpkin seeds. Cut into wedges to serve.
11. Enjoy!

