

Brazilian Milk Pudding

Submitted by Silvia Oliveira, Holy Spirit Catholic Church



INGREDIENTS:

- ¼ cup (4 tablespoons) white sugar
- ¼ cup (4 tablespoons) room temperature water
- Ingredients for pudding
- 1 can (14 oz) sweetened condensed milk
- 1 ½ can whole milk (use empty condensed milk can for measuring)
- 4 eggs
- 1 tablespoon wheat flour

DIRECTIONS

1. Syrup: melt the sugar until caramelized , then add the water and let it boil.
2. Coat a ring mold with the caramel
3. Blend the pudding ingredients in a blender on medium for 5 minutes.
4. Pour into the caramelized mold
5. Place mold into pan filled halfway with water
6. Bake in preheated 350 F oven for 1 hour on 350 F
7. Remove from the oven and cool or chill before serving.

This silky custard flan is usually enjoyed chilled and cut into wedges, and it is commonly served plain. Typical accompaniments to this dessert include whipped cream, berries, and fruit.