

# Pumpkin Flan with Maple Caramel

Makes 6 ramekin-sized servings



## Ingredients

### For the Maple Caramel

- 3 tablespoons pure maple syrup
- $\frac{1}{4}$  cup PLUS 2 tablespoons sugar
- 3 tablespoons water

### For the Pumpkin Flan

- $\frac{3}{4}$  cup heavy cream
- $\frac{1}{2}$  cup milk
- 3 eggs PLUS 1 yolk
- $\frac{1}{2}$  cup sugar
- $\frac{3}{4}$  cup pure pumpkin puree
- $\frac{1}{2}$  teaspoon pure vanilla extract
- 1 teaspoon pumpkin pie spice
- Couple pinches of Kosher salt

### For the Sweet Spiced Pumpkin Seeds

- 1 cup pumpkin seed kernels, unsalted
- 1 teaspoon canola oil
- 1 tablespoon sugar
- $\frac{1}{2}$  teaspoon pumpkin pie spice
- $\frac{1}{4}$  teaspoon Kosher salt

## Steps

1. Preheat oven to 350°F. Start with the caramel by combining the sugar, maple syrup and water in a small saucepot. Bring to a boil, swirling (not stirring) the pot so as to avoid developing any sugar crystals. Cook at a low boil until a candy thermometer registers 230°F. Mixture should be a golden brown. Remove from heat and carefully pour into 6 ramekins. Let ramekins cool.

2. To make the flan bring the cream and milk to a bare simmer in a saucepot over medium-high heat. Remove from heat as soon as small bubbles form around the sides. In a medium-sized bowl whisk together whole eggs, yolk, sugar, pumpkin, vanilla, spice and salt until well-combined.

3. Add the hot cream mixture in a slow stream while continually whisking. Pour the custard mixture through a fine sieve forcing it through with a spatula to insure a smooth filling. Pour this mixture into the ramekins with the cooled caramel.

4. Place ramekins in a roasting pan and fill pan with hot water so as to come up to the halfway point of the ramekins. Carefully place pan in the middle rack of the oven and let bake for about 20 - 25 minutes or until centers are firm (and a knife inserted in the center comes out clean). Remove ramekins from roasting pan and chill in the refrigerator for at least 4 hours before inverting onto small plates and serving. Sprinkle tops with sweet-spiced seeds.

\*\*To make seeds: Heat a medium-sized skillet on medium-high heat. Add pumpkin seeds and let toast, stirring, for about 4 minutes. Lower heat and add canola oil, sugar, spice and salt. Stir well and keep on heat for another couple of minutes before removing to a baking sheet pan, spread out, to fully cool.