

Coconut cream, spiced dark rum, traditional flan |

Recipe for 12 servings

Description

A traditional light dessert of the Creole cuisine

Note

Be sure to put enough water in your baking sheet to cook the creams. This will prevent the mix from boiling.

Don't forget the dark rum you brought back from your last trip.

Ingredients

Coconut cream

- 200 Gr Sugar
- 1 Liter(s) Milk
- 8 Unit(s) Egg
- 1 Unit(s) Eggs yolk
- 50 Ml Amber rum
- 2 Tsp Cinnamon powder
- 1 Tsp Nutmeg
- 1 Unit(s) Lime zest(s)
- 75 Gr Grated coconut

Preparation

- Preparation time **60 mins**
- Preheat your **Oven** at **365 F°**
- Resting time **30 mins**

Réalisation

The cream

Boil the milk with the spices, in a bowl, mix the eggs, the yolk and the sugar with a whisk. Then add the hot milk and rum without stopping to whisk. Pass the whole in a sieve, then, add the zests of lime and the grated coconut, fill thereafter the moulds.

Cooking

Place the moulds on a baking tray, place it in the oven, fill the tray with water to the height of the moulds. Count about 45 minutes of cooking, let the cream cool completely before tasting them.

Bon appétit!