

# Leche Flan:

## The Filipino Version of Creme Caramel



### INGREDIENTS

2 cups sugar

- 12 egg yolks
- 2 cups evaporated milk
- 2 cups sweetened condensed milk
- a pinch of salt
- 1/4 teaspoon grated lemon zest

### PREPARATION

1. In a heavy thick-bottomed pan, melt the sugar over medium heat until it liquefies and turns an amber color. There is no need to stir the sugar but swirling the pan occasionally helps make a smoother and crystal-free syrup.
2. Once the syrup acquires the color of amber, quickly remove it from the heat and pour into the ramekin (or ramekins) to cover the bottom. Caramelized sugar hardens as it cools and you need to work fast to transfer the syrup to the ramekins before it hardens in the pan.
  1. Start heating water in a steaming pot.
  2. In a mixing bowl, lightly stir the eggs yolks. Pour in the evaporated milk and sweetened condensed milk. Add the salt and lemon zest. Stir until the mixture is evenly blended. Stir, do not beat nor mix too hard, to avoid forming air bubbles in the mixture.
3. Pour the egg yolk-milk mixture into the ramekin (or ramekins). Steam over simmering water for 20 to 40 minutes depending on the size of the cooking vessel. The *leche* flan should be set and firm to the touch.
4. Remove the ramekin (or ramekins) from the heat. Cool the *leche* flan then chill. Use a butter knife to loosen the sides of the flan then invert onto a serving plate or individual dessert plates. Note that some of the syrup will flow down the sides of the flan and form a pool on the plate. That is how it should be.
5. *Leche* flan is perfect by itself but it can be served in many other ways. It is a popular topping for iced desserts like *maiz con hielo* and *halo-halo*.

## Maiz con Hielo



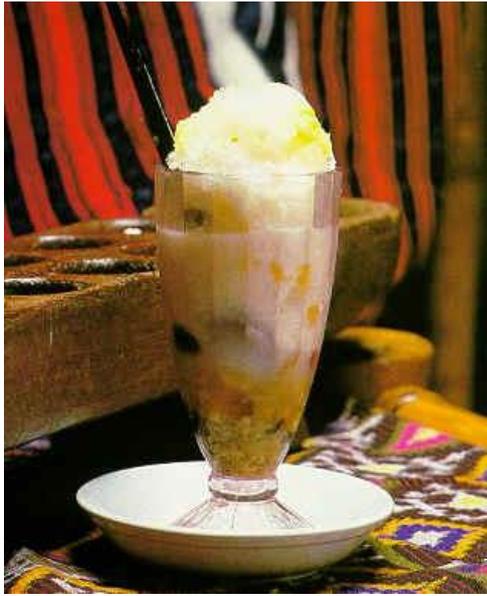
### INGREDIENTS:

2 cans Sweet Corn Kernels	1 cup diced sweetened jack fruit
Vanilla Ice Cream	(from the can)
Shaved Ice	1 tablespoon unsalted butter
Evaporated Milk	1 tablespoon brown sugar
Sugar to taste	½ teaspoon of Vanilla extract

### DIRECTIONS:

Place a small pan over medium-low heat  
Add butter, and brown sugar then stir until butter and sugar are fully melted. Add diced jack fruit stir until jack fruit is fully glazed and sugar caramelized. Add the vanilla extract, mix, then turn the heat off. Set aside in a small bowl

Fill half of the glass with sweet corn  
Add shaved ice. Add some milk. Add scoop of ice cream.  
Add some sugar glazed jack fruit including some of the sugar syrup.  
mix until everything is combined.  
Taste and add more milk, and sugar to taste.



## **Halo-Halo** (Filipino Mixed-Fruit Dessert)

### **Ingredients**

6 tbsp halo-halo mixture, divided into 2 tbsp each  
2 tbsp macapuno (preserved shredded young coconut)  
2 tbsp kaong (palm nuts)  
2 tbsp nata de coco (coconut gel)  
2 tbsp fresh grated cantaloupe  
Crushed or shaved ice  
1/2 cup evaporated milk  
vanilla ice cream (can also use mango)

### **Directions**

In a tall glass, layer the first 5 ingredients. Cover with enough ice to fill the glass. Pour evaporated milk onto the ice. Top with a scoop of ice cream.



Brazo de Mercedes is a type of jelly roll dessert made with a pillowy meringue rolled around a rich custard filling.

## INGREDIENTS

### For the Custard Filling

10 egg yolks, beaten  
1 (14 ounces) can condensed milk  
tartar  
1 teaspoon vanilla extract  
zest of 1 lemon

### For the Meringue

10 egg whites  
1 teaspoon cream of  
1 cup superfine sugar  
 $\frac{1}{4}$  cup powdered sugar

## INSTRUCTIONS

1. In a double broiler over low heat, combine egg yolks, milk, vanilla extract and lemon zest. Cook, stirring regularly, for about 30 to 40 minutes or until mixture thickens into a spreadable paste. Transfer custard into a bowl and cover with wax paper until ready to use.
2. In a bowl, combine egg whites and cream of tartar. Using an electric mixer, beat at low speed. As the egg whites start to turn opaque and begin to fluff into a thick foam, gradually add the sugar in small amounts and continue to beat while gradually increasing speed of mixer until stiff peaks form. The whipped whites will be smooth and glossy, with no sugar grains.
3. Line a 14 x 16 baking sheet with wax paper and lightly grease surface of paper. Transfer meringue onto prepared baking sheet and using a spatula, spread evenly across into about  $\frac{1}{4}$ -inch thick. Bake in a 350 F oven for about 20

minutes or until meringue is set and top has turned to light brown. Remove from oven and allow to cool.

4. Using a fine mesh sieve, light dust top with powdered sugar. Place another layer of greased wax paper and another baking sheet over meringue. Gently invert meringue onto the new baking sheet and peel the wax paper on top.
  5. Spoon custard on top and spread evenly on cooked meringue, leaving about  $\frac{1}{4}$  without filling. Starting on the filled side, carefully roll meringue into a log. Cover both ends of the brazo de mercedes with wax paper and chill in the refrigerator for about 1 hour. To serve, cut into desired thickness.
- Use fresh eggs as they whip better. Let egg whites stand at room temperature for about 30 minutes before beating.
  - Use a copper, stainless or glass bowl. Avoid aluminum bowls as they can turn egg whites to gray.
  - Use very clean and dry bowls and beaters. Fats or any residue can affect the eggs' volume. Make sure no traces of yolk get into the whites as they will not expand properly.
  - Add sugar slowly to the egg whites so they don't lose volume.
  - Do not overbeat! You know they have reached stiff peaks when the whipped whites no longer slide around when the bowl is tilted.
  - To prevent the egg yolks from curdling, make sure to cook the custard over low heat.





## **Recipe: Lengua de Gato**

Long thin cookies that resemble the shape of a cat's tongue

### **Ingredients:**

- 1 cup all-purpose flour, sifted
- 1/2 cup superfine white sugar
- Whites from 2 eggs
- 1/4 teaspoon salt
- 1/2 cup butter, softened
- 1/2 teaspoon vanilla extract

### **Cooking procedure:**

1. Preheat oven to 375°F.
2. Cream butter; gradually add sugar. Mix for about 2 minutes.
3. Stir-in egg whites gradually and mix for about 3 to 4 minutes more.
4. Add salt and vanilla extract.
5. Gradually stir-in flour. Mix 2 to 3 mins more until mix is well incorporated.
6. Get a piping bag and install a round tip. Place the mixture in the piping bag.
7. Line baking tray with wax or parchment paper; pipe 2.5 to 3 inches of the mixture.
8. Bake for 9 to 10 minutes.
9. Remove from the oven and place on a cookie rack until the temperature cools down.
10. Place in a container and serve.
11. Share and enjoy!



## Lipardo's Puto Seco

### Ingredients

- 1 Egg
- 1/3 Cup of white sugar
- 1 cup Self Raising Flour
- 1 cup Corn-starch
- ½ cup powdered milk
- ½ teaspoon baking power
- Dash of salt

### Directions

1. Preheat oven to 375 degrees F (190 degrees C). Grease a baking sheet.
2. Stir together the egg, white sugar, butter, flour, corn-starch, powdered milk, baking powder, and salt in a bowl. Knead for a few minutes to make soft dough. Divide the dough into 12 portions. Roll each portion into a ball and flatten slightly. Place on the prepared baking sheet 1 inch apart.
3. Bake in the preheated oven until light brown, about 10 minutes. Cool completely and store in an airtight container.

## **Filipino-style Fruit Salad**



### **INGREDIENTS**

- 2 cups well-drained canned fruit cocktail, chilled
- 2 cups diced canned peaches, well drained and chilled
- 1/4 cup sweetened condensed milk, well chilled
- 1/2 cup cream, well chilled

### **PREPARATION**

1. Stir the fruit cocktail and peaches in a bowl.
2. Lightly whip the cream and sweetened condensed milk. Pour over the fruit cocktail and peaches. Stir well. Keep chilled until serving time.