

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Maple Pumpkin Flan (Gluten-free)

Love the [Cooks Illustrated](#) suggestion to cook the canned pumpkin and spices together over medium heat to enrich and deepen the pumpkin flavor. For a dairy-free Maple Pumpkin Flan, both unsweetened rice milk and canned light coconut milk work well.

Serve with [Maple Pecan Shortbread Cookies](#) for a bit of a crunch.

8 individual 4-ounce servings

Active time: 25 minutes

Total time: 70 minutes, plus 3-4 hours to cool before unmolding

1/3 cup plus 2 tablespoons grade B maple syrup, divided

1 2/3 cups canned pumpkin, unsweetened (*not* pumpkin pie filling)

1 1/4 teaspoons ground cinnamon

1/2 teaspoon fine sea salt

1/4 teaspoon ground ginger

1/8 teaspoon ground cardamom

1/8 teaspoon ground nutmeg

1/8 teaspoon ground cloves

1/2 teaspoon pure vanilla extract

1/2 cup eggs (2 large eggs)

1 2/3 cups milk alternative for dairy-free

1. Heat the oven to 350 degrees Fahrenheit.
2. Lightly coat the bottom of 8 half-cup ramekins with cooking spray.
3. Place 1/3 cup maple syrup in a non-stick omelet-style pan over medium heat. Cook till the maple syrup darkens and thickens and falls in droplets from the tines of a fork. This process takes about 3-4 minutes. Be careful not to overcook the caramel. It rapidly becomes too thick to use.
4. Use a tablespoon to quickly spoon the maple caramel into the eight ramekins.
5. Place the ramekins in a baking pan with at least 1-inch high sides.
6. Combine the pumpkin, salt and ground cinnamon, ginger, cardamom, nutmeg and cloves in the same non-stick omelet pan. Place pan over medium heat. Use a rubber spatula to stir this mixture continuously for 6-8 minutes until reduced to 1 1/2 cups. Transfer to a plate to cool.
7. While the pumpkin spice mixture is cooling, gently whisk the remaining 2 tablespoons maple syrup with the vanilla extract and eggs. Note: for the best texture, avoid whipping air into the custard.
8. Stir in the pumpkin-spice mixture and the milk. When smooth, divide among the 8 ramekins.
9. Pour hot water into the baking pan to come about halfway up the sides of the ramekins.
10. Carefully place the pan in the oven. After 25 minutes, rotate the pan 180 degrees.
11. Bake another 20-25 minutes till the centers no longer wiggle.

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Maple Pumpkin Flan . . .continued

12. Remove the ramekins from the water and place on a wire rack to cool for half an hour. Refrigerate them for at least 3-4 hours before unmolding and serving.
13. Run a thin paring knife around the edge of the cold flan to loosen it.
14. If the custard is slow to unmold, dip the bottom of each ramekin in hot water for 6-8 seconds.
15. Hold the ramekin upside down at a 45 degree angle to the serving plate until you see movement. Then place the ramekin face down on the serving plate. The Maple Pumpkin Flan should come right out. Remove the ramekin and serve.

