

## **RICH VIETNAMESE CARAMEL CUSTARD (BANH FLAN)**

For this simple dessert, I decreased the amount of sugar, which originally used  $\frac{3}{4}$  cup granulated, brown, or melted cane stick sugar. I also used skim milk as a substitution for coconut milk. Traditionally, this recipe can be made with coconut milk only or a mixture of milk and coconut milk.

Recipe submitted by Carly Vong, Registered Dietitian

<b>Amount</b>	<b>Measure</b>	<b>Ingredients</b>
1	Cup	Egg substitute
1	Tablespoon	Corn starch
1	Tablespoon	Potato starch
2	Teaspoons	Sugar substitute
2	Cups	Skim milk
1/4	Teaspoon	Vanilla extract
1/4	Cup	Water
1/4	Cup	Sugar substitute
		Shaved ice

6 glasses, ceramic, or stainless steel molds

1. In a large mixing bowl, beat the egg substitute with corn starch, potato starch, the 2 teaspoons of sugar substitute, skim milk and vanilla extract. Set aside the beaten egg mixture.
2. Into a pan, add half the water and the  $\frac{1}{4}$  cup of sugar substitute and bring to a boil. Stir well until the sugar is melted and the syrup is a caramel color. Add the remaining water and stir well. Remove from heat.
3. Pour 1 teaspoon of syrup into each of 6 glasses, ceramic, or stainless steel molds. Fill each mold with beaten egg mixture
4. Arrange the molds in a steamer and steam for 30 minutes. Do not over steam; custard will concave.
5. To test if the custard is cooked, insert a skewer into custard. The skewer will come out clean if the custard is cooked.
6. Remove from heat and leave to cool. Refrigerate until firm. To serve, use a small spatula and go around the inside edge of each mould.
7. Turn custard out onto dessert plates. Top with a shaved ice, if desired.

*Yield: Four (4)-six (6)  $\frac{1}{2}$  cup servings.*

*Community Nutrition Education Services Inc.*

**RICH VIETNAMESE CARAMEL CUSTARD  
(BANH FLAN) CONTINUED**

	<b>Calories</b>	<b>Sodium</b>	<b>Total fat</b>	<b>Sat. fat</b>	<b>Chol</b>	<b>Fiber</b>
DVD	2,000	2400 mg	65 g	20 g	300 mg	25 g
1 serving of this recipe	82	108 (5%)	-	-	-	-

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Do you have recipes that you want us to modify?  
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