

A Caramel Fall... ..A PRELUDE TO THE HOLIDAY SEASON

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Enjoy recipes that are filled with rich caramel flavor, autumn spices, seasonal fruit and an unexpected ingredient that turns a true Mexican Flan into a Caribbean inspired one! We make it easy for you as we offer one delicious Spiced Apple Caramel Sauce that you can use in more than one recipe! Enjoy our menu of autumn sweets...

Butterscotch Pudding with Spiced Apple Caramel Sauce

PUDDING INGREDIENTS

- 4 egg yolks and 2 whole eggs
- 1-1/2 cups dark brown sugar
- 1-1/2 cups heavy cream
- 1-1/2 cups whole milk
- 3-1/4 Tbsp cornstarch
- 4 Tbsp salted butter—cubed
- 1 tsp pure maple extract
- 1 tsp pure vanilla extract

Spiced Apple Caramel Sauce (see recipe)

Spiced apple bits (1/2-inch cubes of apples tossed with a few drops of lemon juice and pumpkin pie spice)

Fresh Mint

DIRECTIONS

Have ready 6 glass dessert cups suitable for pudding. In a 3 to 4 quart pot add half of the milk and cream along with the eggs, egg yolks, dark brown sugar, both extracts and cornstarch. Whisk them together until everything is smooth and thoroughly blended. Then, slowly whisk in the rest of the cream and milk.



Place the pot over medium heat and whisk continuously until the mixture comes to a simmer. Continue whisking for an additional 4 minutes while it simmers, being sure to adjust the heat so it continues to gently simmer and does not boil. Remove the mixture from the heat and whisk in the butter.

Pour the mixture through a mesh sieve into a large bowl or measuring cup. Divide the pudding evenly into the dessert cups leaving a 1/2 inch space available at the top. Chill the pudding for at least 4 hours. When ready to serve top with Spiced Apple Caramel Sauce, Spiced Apple Bits and fresh mint.

Spiced Apple Caramel Sauce

INGREDIENTS

- 1 cup organic apple juice • 1/2 tsp pumpkin pie spice
- 1/2 cup commercially prepared premium caramel sauce (available at most markets)

DIRECTIONS

Combine the apple juice and pumpkin pie spice in a medium saucepan and bring the mixture to a boil. Allow it to cook uncovered at a low boil until it has been reduced to 1/2 cup in volume. Remove it from the heat and let it cool uncovered at room temperature for 45 minutes. When cool, whisk in a generous 1/2 cup caramel sauce. Pour into a jar or covered container and store in your refrigerator until ready to use.

A Caribbean Inspired Flan



Make Spiced Apple Caramel Sauce in advance (See recipe)

FLAN INGREDIENTS

Everything should be at room temperature

3 whole eggs
3 egg yolks
3 oz cream cheese
14 oz can sweetened condensed milk
12 oz can evaporated milk
1-1/2 tsp pure vanilla extract
Small pinch of kosher or sea salt
A kettle or pot of boiling water
Caramel

DIRECTIONS

Preheat oven to 350F

Arrange six 4-oz flan molds or ramekins in a large rectangular roasting pan so they are not touching and there is room to pour boiling water into the pan around the molds.

Important—Prepare the custard first and while it rests make the caramel. (See caramel recipe below)

Place all the custard ingredients in a blender and blend for 30-60 seconds (everything should be thoroughly blended together). There may be some foam on top—allow it to rest while you make the caramel. If there is any foam left when you are ready to fill the flan molds, just scoop it off and discard it.

Making Caramel

INGREDIENTS

1 cup granulated sugar • 1/4 cup water

DIRECTIONS

Place the sugar and water in a medium sized saucepan (wide rather than high sided) and stir together until blended.

Place the pan over medium/high heat swirling the pan gently as the sugar melts and the water evaporates. Keep gently swirling until the mixture is a medium/dark amber color. This should take anywhere from 6 to 12 minutes. Use only a wooden or heat proof silicone utensil.

Pour about 2 Tbsps of hot freshly made caramel into each mold and gently swirl it halfway up the inside of each mold.

Immediately fill the molds with the custard mixture not quite to the top.

Carefully pour the boiling water into the pan around and halfway up the flan molds, being careful not to get any water on the flan.

Cover the pan tightly with a sheet of aluminum foil and place it in the preheated 350F oven for 70 minutes. Check the flan. It should be set around the edges and slightly jiggly (not liquid) in the center.

Carefully remove the flan molds from the pan and place them on a cooling rack for an hour, then move them to your refrigerator, where they will finish setting up for at least 12 hours before serving.

To serve:

Carefully run a knife around the sides of the mold to loosen the flan. Pour a little puddle of Spiced Apple Caramel Sauce (see recipe) onto the center of a dessert plate and invert the mold over it so the flan drops out. The top of the flan will be coated with caramel. Garnish with a dollop of unsweetened whipped cream and a sprig of mint or spiced apple bits.





Caramel Apple Cider

INGREDIENTS PER SERVING

- 1 cup organic apple cider—heated
- 2 Tbsp Spiced Apple Caramel Sauce (more or less to taste) See recipe
- Whipped cream • Cinnamon sticks
- 1 oz of your favorite whiskey (optional)

DIRECTIONS

In a decorative glass mug add 2 Tbsp spiced apple caramel sauce and 1 oz of your favorite whiskey (if desired). Add 1 cup heated apple cider and stir well. Top with whipped cream and a drizzle of spiced apple caramel sauce, then garnish with a cinnamon stick.

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