



**MARIMAR ESTATE**  
VINEYARDS & WINERY

## **Flam de Poma al Caramel** (Caramelized Apple Flan with Cinnamon and Brandy)

**Serves 8**

**For the flan:**

3 tablespoons butter  
2 pounds Pippin or Granny Smith apples, peeled, cored, and coarsely chopped  
1/2 cup finest-quality brandy  
6 eggs  
1/2 cup sugar  
1 teaspoon ground cinnamon  
1 cup half-and-half

**For the caramel:**

1/3 cup sugar

**As a garnish:**

1 cup heavy cream  
2 tablespoons powdered sugar  
1/2 teaspoon vanilla extract  
1/4 teaspoon ground cinnamon

**To prepare the caramel:** In a small, heavy saucepan, dissolve sugar in 1 or 2 tablespoons water. Cook over medium-high heat until sugar melts and turns medium to dark brown. Don't stir; just shake pan. Immediately pour caramel into a 8- or 9-cup mold. With oven mitts on both hands, rotate mold gently, swirling caramel to cover bottom and part of sides; continue turning mold until caramel is almost set.

**To prepare the flan:** Preheat oven to 350°F. In a heavy, medium skillet with a lid, heat butter and cook apples over medium-low heat, covered, for 15 minutes. Add brandy; when hot, flambé (see p.12). Cook for 2 or 3 minutes, shaking skillet. In a large bowl, beat eggs with sugar and cinnamon. Stir in half-and-half and apples.

Pour apple mixture into caramelized mold and place in a larger pan filled with boiling water halfway up the mold. Bake in 350°F oven, uncovered, for 50 minutes, or until a cake tester comes out clean.

**To prepare garnish and assemble the dish:** Whip cream with powdered sugar and vanilla. As soon as flan is cool enough to handle, unmold it onto a serving platter. Spoon caramel over flan. Mound cream in center of flan, sprinkling top with cinnamon. Serve warm or at room temperature.

**Wine Pairing:**

Marimar Estate Blanc de Noirs

**Recipe from:**

*Catalan Country Kitchen* page 122  
by Marimar Torres