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Traditional Mexican American Folklore
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1-1-1987

Recipes - Desserts - Flan (1980-1987)

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Folk Foods Collection Form

Name of recipe: Flan

Recipe (Ingredients):

1 can Condensed milk 1 cup sugar
1 cup Water
1 tsp. Vanilla
3 med. Eggs

How is it prepared?

Heat the sugar in a skillet until it melts. Pour it on a 7 inch pan.
Blend the rest of the ingredients and pour this mixture over the sugar.
Cook it in the oven at 350° for one hour.

Informant's Background:

Name & Age _____ 53 y.o.

Country of Birth: U.S.A.

Sex: F

Date Informant Heard of the Food: about 20 yrs ago.

Occupation: Teacher

Ethnic Group Hispanic

Languages Spoken: Spanish/Eng.

Address and Phone No. of Informant: _____ Elser, TX

Circumstances when Food first eaten: During family gatherings.

Context of Use for the Food: as a side dish

Collecting Circumstances:

Place Collected Elser, TX

Collector's Name _____

Date Collected: May 1, 87

Address & Phone _____ Elser, TX

no phone.

Folk Foods Collection Form

Name of Recipe: Pineapple FLAN

Recipe (Ingredients):

4 tablespoons sugar
4 slices canned pineapple
2 maraschino cherries, cut in half
4 eggs

1/2 cup milk
1/2 cup sugar
1/2 teaspoon vanilla

How is it prepared?

Small saucepan melt sugar until it becomes a golden syrup. Pour equal amount of syrup into 4 or 6 half cup custard cups. Tilt each cup coating side evenly with syrup until syrup is almost hard. Place a slice of pineapple in bottom of each cup put a half cherry, cut side up in the center of each pineapple slice.

Informant's Background:

Name & Age:

Country of Birth:

Sex:

~~USA~~ Texas

Occupation:

Date Informant First Heard of the Food:

Ethnic Group:

When she was 16 year old

Languages Spoken:

Address and Phone No. of Informant:

Circumstances when Food first eaten:

Context of Use for the Food:

Collecting Circumstances:

Place Collected:

Collector's Name:

Date Collected:

12-15-82

Beat eggs with milk sugar and vanilla until well blended fill each cup with mixture. place in a shallow dish on rack in wok over simmering water. Cover loosely with foil. Cover wok and steam about 30 minutes until custard is firm. remove from wok and turn custards out onto serving plates

Name of recipe; flour.

recipe: 1 liter milk

1/4 kg. sugar

2 eggs.

1/2 spoon of vanilla flavor.

pour the milk, sugar and vanilla in a saucepan
set on fire and stir for a while, take it away from
fire and mix the egg yolk in the same saucepan
set back on fire and stir for a while. spread
browned sugar on a saucer pour the mixed
ingredients and flour is ready.

Name & Age: _____ 24 yrs.

Sex: female.

Occupation: Bilingual secretary and student

Address & phone n. _____

Reynosa, Tamps.

Folk Foods Collection Form

Name of recipe: FIAN

Recipe (Ingredients):

3/4 cup sugar

1 1/4 tsp. salt

4 eggs

↳

1 can condensed milk

14oz. milk

1 tsp vanilla

How is it prepared?

melt sugar in baking pan until it turns light brown. Don't stir. Let cool. Mix all other ingredients in the Osterizer at low speed. Pour in the baking pan once the sugar has cooled & hardened. Bake at 350° for 1 hr.

Informant's Background:

Name & Age _____ (56)

Country of Birth: America

Sex: Female

Date Informant Heard
of the Food:

About 40 yrs ago

Occupation: Clerk

Ethnic Group: Mex-Amer

Languages Spoken: Span-Eng.

Address and Phone No. _____
of Informant:

Circumstances when Food first eaten:

at her aunts home in Mexico City

Context of Use for the Food:

Dessert

Collecting Circumstances:

Place Collected Edinburgh

Collector's Name _____

Date Collected: Nov. 30, 1986

Address & Phone _____

DESSERT

FOLK FOODS COLLECTION FORM

NAME OF RECIPE: FLAN CON NUECES

RECIPE (Ingredients):

1 CUP SUGAR
3 EGG YOLKS
3 EGGS

2 CUPS MILK
1 TABLESPOON CORNSTARCH
1 TABLESPOON WATER
1 TEASPOON VANILLA EXTRACT
1/2 CUP OF CHOPPED WALNUTS

HOW IS IT PREPARED?

HEAT 1/2 CUP SUGAR IN PAN & STIR UNTIL IT TURNS INTO A GOLDEN BROWN. POUR INTO A PUDDING MOLD AND LET IT COOL. BEAT & MIX EGGS AND YOLKS UNTIL THEY THICKEN. AFTER, SET ASIDE. BOIL 2 CUPS OF MILK IN A SAUCEPAN WITH THE OTHER 1/2 CUP OF SUGAR WITH THE CORN STARCH. ADD MILK TO BEATEN EGGS BEATING CONTINUALLY, ADD VANILLA AND CHOPPED WALNUTS AND MIX. POUR MIXTURE INTO PUDDING MOLD. GREASE THE UNDERSIDE OF

INFORMANT'S BACKGROUND:

Name & Age: MYSELF (22)

Sex: M

Occupation: STUDENT

Ethnic Group: M/A

Languages Spoken: E/S

Address and Phone No. of Informant:

Country of Birth: USA

Date Informant First

heard of the Food: SINCE

CHILDHOOD

Circumstances When Food First Eaten:

SINCE CHILDHOOD

Context of Use for the Food:

COOL DESSERT

COLLECTING CIRCUMSTANCES:

Place Collected: EDINBURG, TX

Date Collected: 9/14/80

Collector's Name _____

Address & Phone: _____

EDINBURG, TX

DESSERT

FOLK FOODS COLLECTION FORM

NAME OF RECIPE: FLAN CON NUECES (CONT.)

RECIPE (Ingredients):

A TIGHTLY FITTING LID AND COVER MOLD. PLACE THE MOLD INTO A PAN OF WATER AND BOIL UNTIL FLAN IS SET (ABOUT 1-1 1/2 HR.) REMOVE FLAN AND COOL TO

HOW IS IT PREPARED? ROOM TEMP. CAN BE REFRIGERATED

INFORMANT'S BACKGROUND:

Name & Age:

Sex:

Occupation:

Ethnic Group:

Languages Spoken:

Address and Phone No.

of Informant:

Circumstances When Food First Eaten:

Context of Use for the Food:

COLLECTING CIRCUMSTANCES:

Place Collected:

Date Collected:

Country of Birth:

Date Informant First
heard of the Food:

Collector's Name

Address & Phone: