

Sonia Seward was generous to share this recipe for Flan with us. We recently had an opportunity for a taste, and enjoyed it very much. Hope you do to.

## FLAN CAKE

### FLAN

¾ cup caramel ice cream topping  
3 eggs  
1 (14oz.) can sweetened condensed milk  
1 (12oz.) can evaporated milk  
1 teaspoon Vanilla

### CAKE

18 ¼ oz. Yellow cake mix  
1 ¼ cup water  
1/3 cup canola oil  
3 eggs

Preheat oven to 325o. Spray bundt pan thoroughly with cooking spray  
Pour ¾ cup caramel topping in bundt pan  
Whip flan ingredients (eggs, condensed milk, evaporated milk, and vanilla) together with electric mixer.  
Pour flan mixture into pan  
Prepare cake mix according to package directions  
Pour prepared cake mix over flan mixture in pan.  
Bake for 35 to 45 minutes.  
Cool for 15 minutes before inverting onto serving plate. Caramel topping will drip down the sides.  
Drizzle additional caramel topping over sliced cake before serving if desired.  
Store in refrigerator.

If you like the taste of sweet and sour chicken or orange chicken that you find in all Chinese restaurants, then this is for you.

## CHICKEN IN ORANGE SAUCE

¼ cup purpose flour  
½ salt  
1 (2 ½ lb.) broiler fryer, cut up  
3 tbs, vegetable oil  
1 small onion, diced  
¾ cup orange juice  
½ cup water  
¼ cup milk  
1 tsp. brown sugar  
¼ tsp. ground ginger  
¼ cup blanched sliced almonds for garnish  
1 small orange, sliced for garnish

Onto waxed paper, measure flour and salt, coat chicken pieces completely with flour mixture. In 12 inch skillet over medium heat, in hot vegetable oil, cook chicken a few pieces at a time, until browned on all sides, removing pieces as they brown to medium bowl. In drippings remaining in skillet over medium heat, cook onion until tender, stirring occasionally. Return chicken to skillet, add orange juice, water, milk, brown sugar, and ginger, over high heat to boiling, stirring to loosen brown bits from bottom of skillet. Reduce heat to low, cover and simmer 25 minutes or until chicken is fork tender. Meanwhile, in 1qt. Saucepan over medium low heat, cook almonds until golden, stirring frequently. To serve, skim off fat

from liquid in skillet. Arrange chicken in warm deep platter, spoon sauce over chicken, garnish with toasted almonds and orange slices.