

CREAM CARAMEL

(YIELD: 9-10 RAMEKINS)



CARAMEL INGREDIENTS

1. ~450g white sugar

CARAMEL PREPARATION

2. Place a pot (stainless) on the stove on high heat.
3. Add just enough white sugar to cover the bottom of the pot; let melt then add some more.
4. Continue this process until all the sugar is melted and turns a golden brown.
5. Remove from the heat and pour a small amount into the bottom of each ramekin.
6. Let the sugar cool completely.

FILLING INGREDIENTS

1. 8 large eggs
2. 200g sugar
3. 1000cc whole milk
4. 5ml vanilla extract

FILLING METHOD

1. In a bowl, mix together the eggs and sugar until blended.
2. Add the vanilla and milk slowly while mixing. Mix just until incorporated.
3. Pass the custard through a sieve to remove any lumps.
4. Pour the custard evenly into the ramekins.
5. Bake in a *water bath* at 350 degree F (don't go over) for approximately 40 minutes until the custard is set.
6. Take the flans out of the water bath and oven to let cool. Chill in fridge and serve cold.