

Taste the Hills

Recipes and Tips

Creme Caramels

Makes 6

500ml creamy milk
100g caster sugar – vanilla sugar if you have it
1 vanilla pod or 2 capfuls of essence
2 eggs plus 4 yolks

For the caramel

60g dark brown sugar
60g caster sugar
Water

Set oven to 150degrees and boil a kettle

Butter 6 ramekins and place in a deep tray or dish

Make the custard by bringing the creamy milk with the vanilla pod to simmering point. I use half whole milk and half single cream.

While the milk is heating, beat together the eggs with the sugar. If you are using vanilla sugar – well done for being organised! If you are using vanilla essence, it can go into the egg mixture at this point.

When the milk is up to simmering, pour into the eggs and mix well. Leave while you make caramel.

Put the two sugars into a large pan. Add enough water to just cover.

Allow to melt before bringing the liquid to a fast boil and leave it until it is thickened and syrupy. Test for a set by spooning a drop onto a plate.

Quickly but carefully share the caramel around the ramekins.

Strain the custard into the ramekins and pour hot water into the tray to make a bain Marie. Cover with foil and bake in the centre of the oven for 15 minutes. Take off the foil and turn the tray if unevenly cooked. Carry on cooking for another five minutes or until it has reached a wobbly set.

Leave to cool in the tray and then cover again and put into the fridge. Best left overnight before turning out.

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