

Complementary Recipe

Date:	Serving: 4	Vanilla Cream Caramel
<p><i>Ingredients:</i></p> <p>100 g caster sugar</p> <p>75 ml + 25 ml water</p> <p>Cream</p> <p>4 medium size eggs</p> <p>400 ml full cream milk</p> <p>120 g caster sugar</p> <p>1 teaspoon vanilla paste/essence</p> <p>4 medium size ramekins about 200 ml in volume (glass or ceramic)</p>		<p><i>Recipe:</i></p> <p>Caramel Making:</p> <p>(1) Place measure sugar and water in a small very clean saucepan. Bring to boil and cook until the caramel turn to dark blond colour.</p> <p>(2) Turn the heat off and rapidly add the 25 ml of cold water (do not burn yourself!) and swirl pan to combine caramel and water.</p> <p>(3) Pour caramel into 4 medium size ramekins / dishes and leave to cool down and set for about 15 minutes.</p> <p>Cream Making:</p> <p>(4) Pour milk in a medium wet saucepan and add vanilla essence, bring to boiling point.</p> <p>(5) Break 4 medium size eggs into a large bowl and add the caster sugar. Mix with large hand whisk until bubbly and rapidly add boiling milk into the large bowl.</p> <p>(6) Fill each of the ramekins dishes to the top with cream mixture and place into a deep oven dish lined with a piece of newspaper.</p> <p>(7) Pour about 500 ml into the large oven dish and place the cream to bake in pre-warmed oven at 200°C for about 40 minutes (or until well set).</p> <p>(8) Remove cream from oven and leave them to cool down in the water before placing them into the refrigerator (covered with cling wrap) for about 24 hours.</p> <p>Serving:</p> <p>(9) Run blade of a small knife around the edge of the ramekins and turn ramekin onto the serving plate.</p> <p>(10) Remove ramekins and if wanted garnish with fresh mint.</p>
<p><i>Recipe Variation:</i></p>		<p><i>Warming Up/Serving:</i></p> <p>Serve cold from the refrigerator.</p>
<p><i>Glossaries:</i></p> <p>Cold water: added to the caramel, will allow the caramel to run off the ramekin the next day when un-moulding.</p> <p>Wet saucepan: will prevent milk from scalding in saucepan. Newspaper: will prevent boiling water to enter the cooking custard.</p> <p>24 hours resting: will allow for most of the caramel to run of the ramekins when being served.</p>		<p><i>Wine Recommendation:</i></p> <p>Serve with sparkling wine of Champagne</p>