



Crème Caramel

15'

Hands on

24 hours'

Hands off

100'

Cook Time

5

Portion(s)

3

Difficulty



Method

- Preheat oven to 100* C (212*F) Fan.

For the caramel

- Place a [pan](#) over medium to low heat.
- Add the sugar and water. Stir with a spoon until the sugar melts and turns into caramel.
- When ready, remove from heat.
- Place 5 disposable aluminum [cups](#) that are 6 cm in diameter, in a [baking pan](#).
- Divide the caramel between the cups, adding about 20 g to each.

For the cream

- In a bowl, add the eggs, yolks and 35 g of sugar. Whisk until completely combined and set aside.
- Place a [pot](#) over medium to high heat.
- Add the heavy cream, milk, 35 g of the sugar, orange rind vanilla pod and seeds.
- As soon as the mixture comes to a boil, remove from heat and gradually add the egg mixture while continuously whisking.
- Pass the cream through a sieve and pour over the caramel in the cups, dividing evenly.
- At this point you can use a kitchen torch to burst any bubbles that have been created in the cream.
- Cover baking pan with aluminum foil and bake for 1 ½ hours.
- When ready, remove from oven and allow to cool.
- Refrigerate to chill for at least 12-24 hours.
- To unmold the crème caramel, run a knife around the walls of the aluminum cups so that the crème can be turned out easily. You can also dip the cups in some boiling water.
- Turn out the cups onto a serving platter.
- Pour the remaining caramel over them and serve.

Tip

Ingredients

For caramel

- 100 g granulated sugar
- 50 g water

For cream

- 70 g granulated sugar (35 g + 35 g)
- 2 eggs, medium sized
- 2 egg yolks, from medium sized eggs
- 140 g heavy cream 35%
- 150 g milk
- ½ vanilla bean, split in half and seeds removed or 1 teaspoon vanilla extract
- rind from ½ an orange

Διατροφικός πίνακας

Nutrition information per portion

297 Calories (kcal)	15.0 Total Fat (g)	8.2 Saturated Fat (g)	36.0 Total Carbs (g)
15%	21%	41%	14%
36.0 Sugars (g)	3.8 Protein (g)	0.0 Fibre (g)	0.13 Sodium (g)
40%	8%	0%	2%

You can add any kind of fruit or nuts you are in the mood for when serving! You can use chestnuts, raspberries, peanuts or hazelnuts...!!!