



Ingredients

Creme

- 1 litre semi-skimmed milk
- 50g caster sugar
- 3 free range eggs
- 1 vanilla pod or
- 1 sachet of vanilla sugar

Caramel

- 50g caster sugar
- enough water to cover

Prep time - 30 mins

Cooking time - 30 mins

Makes 6 desserts

Cost of used ingredients - £2.65

Method

1. Preheat oven to 180c & prepare a bain marie.

2. To make the Caramel. Use a non stick saucepan and cover 50g of sugar with just enough water. Put on a low heat and LEAVE, do not stir or use a spoon. The sugar syrup will boil gently until it starts to colour, you will need to watch it. It will take about 15-20 mins to get a rich caramel colour and it will smell burnt but it won't be.

3. To make the Creme. Bring the milk, sugar & vanilla to a gentle boil, and take off the heat immediately.

4. Beat the 3 eggs in a mixing bowl and then slowly whisk in the milk until all incorporated. Do not pour boiling milk over the eggs.

5. Use oven-proof glass ramekins or pots.

6. Pour a tablespoon of the caramel in each pot, don't worry if the caramel goes hard in the bottom before the custard mix goes in, it will soften again in the oven. Fill each pot half way with the custard cream.

7. Bake in a bain marie in the oven for 30mins until the top is golden. It is essential to use a bain marie to avoid the pots boiling, so make sure water is half way up the pot.

8. Let the pots cool before you refrigerate, then serve!

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