



Crème Caramel

Crème caramel is a delicious baked custard with caramel that starts at the bottom and ends up on the top, as a delicious sauce that runs down the sides.

Caramel:

1/2 cup sugar
2 Tbsp (approximately) water
a few drops of lemon juice

Custard:

3 eggs
2 tsp vanilla
2 cups milk or coconut milk
1/3 cup sugar

Preheat the oven to 325°F.

To make the caramel: put the sugar, water and lemon juice into a small saucepan and heat over medium-high heat, swirling the pan occasionally, until it turns deep golden—the colour of maple syrup. Immediately pour into the bottom of 4-6 ramekins or small oven-safe dishes. Put the ramekins into a baking dish that's about the same height as they are.

To make the custard: whisk the eggs and vanilla together in a medium bowl (I like using one with a spout, so I can pour the custard mixture into the ramekins).

In a medium saucepan, warm the milk and sugar, stirring to dissolve the sugar. Gradually whisk the warm milk into the egg mixture (make sure it's not too hot, so it doesn't cook the eggs) and if you like, pour the mixture through a sieve to get rid of any egg bits. Pour it into the ramekins.

Carefully pour hot water into the baking dish so that it comes about halfway up the side of the ramekins. (This is easy to do if you pull the rack out of the oven and put the baking dish on it, then pour in the water, so you don't have to move it.) Bake for 40-45 minutes, or until the crème caramel has set but is still slightly jiggly.

Let the ramekins sit in the baking dish for a few minutes, so that they're easier to remove from the water, then remove and let them cool. Cover with plastic wrap and refrigerate for a few hours, or until very well chilled.

Run the blade of a thin knife (I use a paring knife) around the edge of the custards and invert onto a plate to unmould. Makes 4-6 crème caramels.