

Espresso crème caramel

By Donna Hay

10 minutes

Preparation time

25 minutes, plus cooling time

Cooking time

6

Serves



INGREDIENTS

$\frac{3}{4}$ cup (165 g) caster (superfine)
sugar
? cup (80 ml) water
 $1\frac{1}{4}$ cups (310 ml) milk
 $1\frac{1}{4}$ cups (310 ml) single (pouring)
cream
3 eggs
4 egg yolks, extra
? cup (75 g) caster (superfine)
sugar, extra
2 tsp vanilla extract
 $\frac{1}{4}$ cup (60 ml) strong espresso

METHOD

1. Place the sugar and water in a saucepan over medium–high heat, induction setting 7, and stir until the sugar is dissolved. Bring to the boil and cook for 6–8 minutes or until the mixture is a golden. Pour into 6 x $\frac{3}{4}$ cup-capacity (180 ml) ovenproof dishes. Set aside for 5 minutes or until the caramel is set.
2. Place the milk and cream in a clean saucepan over medium heat, induction setting 6, until it is hot but not boiling. Remove from heat.
3. Place the eggs, extra egg yolks, extra sugar, vanilla and espresso in a bowl and whisk until well combined. Gradually add the milk mixture to the egg mixture, whisking to combine. Strain the mixture into a large jug and pour into the prepared dishes. Cover tightly with aluminium foil.
4. Place the dishes into the perforated steam tray. Place the tray in the steam oven at 85°C and Steam for 25 minutes.
5. Remove the aluminium foil and remove the dishes from the tray. Allow to stand for 5 minutes. Transfer to the refrigerator for 4 hours or overnight until cold.
6. Turn out onto plates to serve.