



## Crème caramel

**Ingredients:** (Serves 4)

½ cup caster sugar, and ⅓ cup extra  
200ml milk  
200ml cream  
1 teaspoon vanilla bean extract  
3 egg yolks  
1 egg

**Equipment:**

Deep baking dish  
Small saucepan  
Medium saucepan  
Spatula  
Whisk  
4 ½-cup capacity oven proof ramekins

**Method:**

1. Preheat oven to 160°C.
2. Combine ½ cup sugar and 1 cup cold water in a small saucepan over medium heat. Cook, stirring occasionally, for 2-3 minutes or until sugar has dissolved. Increase heat to high. Boil, without stirring, for 5-7 minutes or until golden. Remove from heat and allow bubbles to subside. Pour caramel into four ½-cup capacity ovenproof ramekins. Set aside to allow caramel to set.
3. Meanwhile, combine milk, cream and vanilla in a medium saucepan. Warm over medium heat until cream mixture just begins to boil, then remove from the heat. Whisk egg yolks, whole egg and remaining ⅓ cup sugar together in a large bowl. While whisking, gradually pour in the warm cream mixture. Divide mixture between ramekins.
4. Place the ramekins in a deep baking dish and add enough water to come halfway up the side of the ramekins. Bake for 30-35 minutes or until just set. Remove ramekins from the water bath and refrigerate for 2-3 hours or until completely chilled.
5. To serve, run a thin knife around the edge of each ramekin and turn out onto plates.

**Nutrition Information:** (Per serve)

Energy:	1769kJ (422cal)	Protein:	5.8g	Total Fat:	24.2g
Saturated Fat:	14.2g	Carbohydrate:	48.3g	Sugars:	48.2g
Fibre:	0g	Sodium:	54mg		