



## Complementary Recipe (Term 3/2007)

Date:	Serving 4	Name of Dish: Vanilla Cream Caramel	
<b>Quantities:</b>  <b>Caramel</b>  100 g 75 ml + 25 ml  <b>Cream</b>  4 medium size 400 ml 120 g 1 teaspoon  <b>4 medium size ramekins about 200 ml in volume (glass or ceramic are perfect) –</b>		<b>Ingredients:</b>  caster sugar water  eggs full cream milk caster sugar vanilla essence  <b>Recipe:</b>  <b>Caramel Making:</b>  1/ Place measure sugar and water in a small very clean saucepan. Bring to boil and cook until the caramel turn to dark blond colour. 2/ Turn the heat off and rapidly add the 25 ml of <b>cold water</b> (do not burn yourself!) and swirl pan to combine caramel and water. 3/ Pour caramel in 4 medium size ramekins / dishes and leave to cool down and set for about 15 minutes.  <b>Cream Making:</b>  1/ Pour milk in a medium <b>wet saucepan</b> and add vanilla essence, bring to boiling point. 2/ Break 4 medium size eggs into a large bowl and add the caster sugar. Mix with large hand whisk until bubbly and rapidly add boiling milk into the large bowl. 3/ Fill each of the ramekins dishes to the top with cream mixture and place into a deep oven dish <b>lined with a piece of newspaper</b> . 4/ Pour about 500 ml into the large oven dish and place the cream to bake in pre-warmed oven at 200°C for about 40 minutes (or until well set). 5/ Remove cream from oven and leave them to cool down in the water before placing them into the refrigerator (covered with cling wrap) for about <b>24 hours</b> .  <b>Serving:</b>  1/ Run blade of a small knife around the edge of the ramekins and turn ramekin onto the serving plate. 2/ Remove ramekins and if wanted garnish with fresh mint.	
<b>Recipe Variation:</b> Use vanilla paste or vanilla beans in place of vanilla essence.		<b>Warming Up / Serving:</b> Serve cold from the refrigerator.	
<b>Glossary of Culinary Terms:</b> Cold water: added to the caramel, will allow the caramel to run off the ramekin the next day when un-moulding. Wet saucepan: will prevent milk from scalding in saucepan. Newspaper: will prevent boiling water to enter the cooking custard. 24 hours resting: will allow for most of the caramel to run of the ramekins when being served.		<b>Drink Recommendation:</b> Serve with sparkling wine of Champagne	