

Sweet

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Coffee Creme Caramel

FREE RECIPE FROM SWEET BY ALISON THOMPSON, COFFEE CREME CARAMEL, PAGE 32.

As an apprentice chef in the 90s I had to make thousands of creme caramels. They are a great dessert for entertaining because they can be prepared ahead of time then simply inverted onto a plate to serve – no garnish required. Here is my favourite recipe for creme caramel; just leave out the coffee if you wish to make the traditional vanilla version



SERVES 8

PREPARATION TIME: 30 MINUTES, PLUS CHILLING TIME

COOKING TIME: 50 MINUTES



2 tablespoons water
375 g caster sugar
1 litre milk
50 g coffee beans, roughly chopped (or 1 1/2 tablespoons instant coffee granules)
1 vanilla bean, split and seeds scraped
6 eggs

You will also need 8 x 250 ml ovenproof dishes

1. Preheat the oven to 160°C (fan) and place the ovenproof dishes in a large baking dish.
2. Place the water and 200 g sugar in a small saucepan, bring to the boil and simmer for about 5 minutes or until it turns into a golden caramel. Use a wet pastry brush to clean the sides of the pan as the sugar cooks to prevent crystallisation. As soon as the caramel is ready, divide it among the ovenproof dishes, taking care as the caramel is extremely hot. Set the dishes aside.
3. Combine the milk, coffee beans and vanilla bean and seeds in a medium saucepan and bring to a simmer over medium heat. While the milk is heating, whisk together the eggs and remaining sugar in a bowl, then pour the hot milk over it, stirring continuously to combine. Strain the mixture through a fine sieve into a large pouring jug.
4. Divide the custard mixture evenly among the dishes, then pour enough boiling water into the baking dish to come halfway up the side of the dishes. Carefully place the dish in the oven and bake for 35–40 minutes until the custard is just set but still wobbly when gently jiggled. Remove from the oven, lift the dishes out of the water and chill in the refrigerator for at least 3 hours or until completely cold. The creme caramels will keep in the refrigerator for up to 3 days.
5. To serve, run a small knife around the edge of each dish, then invert the creme caramels onto serving plates. Slowly lift away the dish and serve immediately.

Variation

To make orange creme caramel, omit the coffee and infuse the hot milk with the finely grated zest of 2 oranges.