Crème caramel

Recipe by V-ZUG Ltd.

Preparation	20 Mins
Resting time	4 Hrs
Cooking time	25 Mins
Piece	6
Appliance	CombiSteamer V4000 45 from 2021

Crème caramel – a timeless dessert that is always a hit. Easy to prepare and quick to table. With its soft and silky texture and the caramel sauce, which brings a lovely hint of bitterness, crème caramel is the perfect way to round off a meal.

Caramel sauce

100 g sugar

50 ml water

Crème caramels

500 ml milk

1 vanilla pod, cut open, seeds scraped out

3 eggs

2 tbsp sugar

Caramel sauce

Heat the sugar in a wide pan, swirling gently, and caramelize until brown. Remove the pan from the heat, pour in the water, return the pan to the heat and reduce by half. Cover the bottom of the dishes with the caramel sauce, then allow to cool.

Crème caramel

Mix the milk, vanilla pod and scraped-out vanilla seeds together in a saucepan and heat. Remove the pan from the heat. Remove the vanilla pod. In a bowl, whisk the eggs and sugar, gradually add the milk, whisking constantly, then carefully strain through a fine sieve into the dishes. Place the dishes on the perforated stainless steel tray, put it into the cold cooking space and steam at 90 °C for 25 minutes using the steam mode. Take out the crème caramels and leave to cool. Carefully run a pointed knife around the edge of each crème caramel and turn out on to a plate.

Steaming 90 °C for 25 Mins

Tips

Substitute the water in the caramel sauce with orange juice or another type of fruit juice.

The crème caramels can be prepared up to two days in advance.

Accessories

For 6 ramekin dishes with approx. 150 ml volume

Perforated cooking tray

Additional information

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