



Caramel Custard



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Introduction

Caramel custard is a delightful dessert that combines smooth custard with a rich caramel layer on top. This easy recipe results in a creamy and delicious treat, perfect for any occasion. Whether you're looking to impress guests or simply indulge yourself, this caramel custard is sure to be a hit.

Detailed Ingredients with measures

Milk: 2 cups

Eggs: 3

Sugar: 3/4 cup (divided)

Vanilla extract: 1 teaspoon

Water: 1/4 cup

Prep Time

15 minutes

Cook Time, Total Time, Yield

Cook Time: 45 minutes

Total Time: 1 hour

Yield: Serves 4-6



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Detailed Directions and Instructions

Prepare the Caramel

1. In a heavy-bottomed saucepan, add sugar and cook over medium heat.
2. Stir continuously until the sugar melts and turns a golden-brown color.
3. Once melted, remove from heat immediately to avoid burning.

Prepare the Custard Mixture

1. In a mixing bowl, whisk together eggs and sugar until well combined.
2. Gradually add milk while continuing to whisk to ensure a smooth mixture.
3. Add vanilla extract for flavor and mix well.

Combine Caramel and Custard

1. Pour the prepared caramel into the bottom of your baking dish, swirling to coat evenly.
2. Slowly pour the custard mixture over the caramel in the baking dish.

Baking the Custard

1. Preheat your oven to 160°C (320°F).
2. Place the baking dish into a larger oven-safe dish and fill it with water until it reaches halfway up the sides of the custard dish.
3. Bake in the preheated oven for about 40-50 minutes, or until the custard is set and a toothpick inserted comes out clean.

Cooling and Serving

1. Once baked, remove the custard from the oven and let it cool at

room temperature.

2. Once cooled, refrigerate for at least 4 hours, preferably overnight.
3. To serve, run a knife around the edges of the dish, invert onto a serving plate, and enjoy.

See also Bacon Cheddar Chicken Salad Dip

Notes

Storage

- Store any leftover caramel custard in the refrigerator, covered, for up to 3 days.

Caramel Consistency

- Ensure that you keep an eye on the sugar while caramelizing to prevent it from burning.

Serving Suggestions

- Garnish with fresh fruits or whipped cream for added flavor and presentation.

Egg Substitutes

- For a vegan version, consider using silken tofu or a commercial egg replacer in the custard mixture.



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Cook techniques

Caramel Preparation

To make a rich and smooth caramel, cook sugar over medium heat until it melts and turns a golden brown color. Stir gently to ensure even melting and avoid burning.

Custard Mixing

Whisk together eggs and sugar until well combined. Gradually add warmed milk to the egg mixture, stirring continuously to create a smooth custard base.

Bain-Marie Method

To ensure even cooking and prevent the custard from curdling, utilize the bain-marie method by placing the custard dish in a larger baking dish filled with hot water.

Baking

Bake the custard in a preheated oven at a low temperature to achieve a creamy texture. Check for doneness by gently shaking the dish; it should be set yet slightly wobbly in the center.

Cooling

After baking, allow the caramel custard to cool at room temperature before refrigerating. This helps to develop flavors and achieve the desired texture.

FAQ

Can I use flavored milk for the custard?

Yes, you can use flavored milk like almond or vanilla for different taste profiles.

How do I prevent my caramel from crystallizing?

To prevent crystallization, avoid stirring the caramel once the sugar starts melting, and use a wet pastry brush to clean the sides of the pan.

See also Creamy Red Pepper Pasta Delight

Why is my custard watery?

A watery custard may result from undercooking or using too much liquid; ensure you follow the recipe measurements accurately.

Can I make this recipe in advance?

Absolutely! The caramel custard can be made a day ahead and stored in the fridge until you are ready to serve.

What's the best way to unmold the caramel custard?

To unmold, run a knife around the edges to loosen, then invert onto a plate while gently shaking to release.



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Conclusion

Enjoying a classic caramel custard is a delightful experience that combines creamy texture with a sweet, rich flavor. This easy recipe allows you to indulge in a homemade dessert that impresses with its simplicity. Whether served chilled or at room temperature, caramel custard is sure to satisfy your sweet tooth and make any meal special.

More recipes suggestions and combination

Vanilla Panna Cotta

A smooth and creamy dessert that pairs beautifully with fresh fruit or a berry compote.

Chocolate Flan

A decadent twist on traditional flan, combining rich chocolate with the classic custard for an indulgent treat.

Coconut Custard

Infuse your custard with coconut milk for a tropical flavor that will transport you to a sunny paradise.

Fruit Tart

A crisp pastry shell filled with custard and topped with seasonal fruits, perfect for a refreshing dessert.

Crème Brûlée

An elegant dessert featuring a creamy custard base with a caramelized

sugar top, offering a delightful crunch.

Cheesecake

Rich and creamy, cheesecake can be complemented with a caramel drizzle for extra sweetness.

Pudding Cups

Layer caramel custard with crushed cookies and whipped cream for a deliciously simple dessert presentation.

Flavored Custard

Experiment by adding flavors like coffee, matcha, or almond to customize your custard to your taste.

See also Million Dollar Dip



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