



# Caramel Custard



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## Introduction

Creme caramel, also known as flan, is a classic dessert that has captured the hearts of many with its silky smooth texture and rich flavors. This elegant dish consists of a creamy custard topped with a luscious caramel sauce. It may look fancy, but it is surprisingly easy to make at home. Whether you're hosting a dinner party or simply indulging yourself, this creme caramel recipe will impress everyone at the table.

## Detailed Ingredients with measures

Milk – 2 cups  
Heavy Cream – 1 cup  
Granulated Sugar – 1 cup  
Eggs – 4 large  
Vanilla Extract – 1 teaspoon  
Salt – a pinch

For the caramel:  
Granulated Sugar – 1 cup  
Water – 1/4 cup

## Prep Time

The preparation time for this delightful dessert is approximately 15 minutes.

## **Cook Time, Total Time, Yield**

Cook Time: 45 minutes

Total Time: 1 hour (including cooling)

Yield: Serves 6-8 people

Crème caramel is not only a delectable treat but also a wonderful way to end a meal. The combination of creamy custard and sweet caramel provides a perfect balance of flavors, making it a timeless dessert choice.





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## Detailed Directions and Instructions

### **Prepare the Caramel**

In a saucepan, combine sugar and water. Cook over medium heat, swirling the pan occasionally, until the sugar dissolves and turns a golden brown color. Quickly pour the caramel into the bottom of your ramekins, tilting to coat the sides. Set aside to cool.

### **Make the Custard Mixture**

In a mixing bowl, whisk together eggs, sugar, and vanilla extract until combined. Gradually add the milk while constantly whisking to ensure a smooth mixture.

### **Strain the Custard**

Pass the custard mixture through a fine-mesh sieve into a clean bowl to remove any lumps and ensure a silky texture.

See also [Lemon Garlic Chicken Bowtie Pasta](#)

### **Pour Custard into Ramekins**

Divide the custard evenly among the prepared ramekins that have the cooled caramel at the bottom.

### **Bake in a Water Bath**

Place the ramekins in a baking dish and carefully add hot water to the dish until it reaches halfway up the sides of the ramekins. Bake in a preheated oven until the custard is just set.

### **Cool and Chill**

Remove the ramekins from the water bath and allow them to cool at room temperature. Once cooled, refrigerate for a few hours or overnight for the best flavor and texture.

### **Unmold and Serve**

To serve, run a knife around the edges of each ramekin, then invert onto a plate. The caramel should flow over the custard. Enjoy your crème caramel!

## **Notes**

### **Sugar for Caramel**

Be cautious while making the caramel, as it can burn quickly. Monitor it closely to achieve the desired color.

### **Egg Temperature**

For best results, ensure your eggs are at room temperature before incorporating them into the custard mixture.

### **Water Bath Importance**

Using a water bath helps to cook the custard gently and evenly, preventing it from curdling.

### **Chilling Time**

Allow the crème caramel to chill thoroughly for optimal texture and flavor; overnight chilling is recommended.

### **Serving Recommendations**

Serve with a garnish of fresh fruit or a dollop of whipped cream to enhance the flavors.



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## Cook techniques

### **Caramelizing Sugar**

Caramelizing sugar involves melting sugar until it turns golden brown. It is essential for creating the perfect caramel layer on top of your creme caramel.

### **Infusing Flavor**

Infusing flavor into the milk or cream is done by heating it with vanilla beans or other flavorings. This adds depth to the custard.

See also Eggplant Salad with Fresh Ingredients and Flavor

### **Whisking Eggs**

Whisking eggs thoroughly is crucial to achieve a smooth and creamy texture in the custard. It helps incorporate air, making the creme caramel light.

### **Straining Mixture**

Straining the custard mixture before pouring it into molds removes any lumps and ensures a silky smooth final product.

### **Baking in a Water Bath**

Baking the custard in a water bath allows for gentle cooking, preventing the custard from curdling and ensuring even baking.

## FAQ

### **Can I use a different flavor instead of vanilla?**

Yes, you can experiment with different flavors like chocolate, coffee, or citrus zest.

### **How can I tell when the creme caramel is done?**

The creme caramel is done when it is set around the edges but still slightly wobbly in the center.

### **Can I make creme caramel in advance?**

Absolutely, creme caramel can be made ahead of time and stored in the refrigerator for a few days.

### **What's the best way to unmold the creme caramel?**

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

### **Why did my caramel harden?**

Caramel may harden if it cools too quickly. Make sure to work quickly and pour the custard mixture over the caramel while it is still warm.



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## Conclusion

The crème caramel is a delightful dessert that combines the richness of creamy custard with the sweet indulgence of caramel. Its smooth texture and balanced sweetness make it a favorite among dessert lovers. With a few simple steps, anyone can create this elegant dish that is sure to impress at any gathering.

## More recipes suggestions and combination

### Vanilla Panna Cotta

A silky and smooth dessert that also features a rich vanilla flavor, panna cotta can be served with a fruit compote or chocolate sauce for added contrast.

See also [Chocolate-Filled Butter Cookies](#)

### Chocolate Flan

A fusion of chocolate and flan, this decadent dessert combines the creamy texture of traditional flan with the richness of chocolate, creating a unique and indulgent treat.

### Caramelized Banana Tart

Perfect for banana lovers, this tart combines a buttery crust with sliced caramelized bananas and a creamy custard filling, balancing sweet and savory flavors beautifully.

### Lemon Curd Tart

For a refreshing twist, a lemon curd tart offers a zesty and tangy



approach to custard desserts, with a buttery crust and a velvety lemon filling that's delightful.

### **Pudding Cups with Fresh Berries**

These individual pudding cups can be layered with creamy vanilla pudding and topped with fresh berries, providing a light yet satisfying dessert that's perfect for warm days.

### **Coconut Cream Pie**

A tropical twist on the classic custard, this pie is filled with coconut-flavored custard and topped with whipped cream, delivering a refreshing and satisfying dessert experience.



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