

The Sailing Chef

Ingredients:

- 100 g sugar
- 1.5 ts water
- 0.5 ts lemon juice
- 1.5 ts hot water
- 3 eggs
- 60 g sugar
- 1.5 dl milk
- 1.5 dl whole cream
- 1 vanilla bean

Preparation:

1: Bring sugar, water and lemon juice to a boil in a large saucepan without stirring. Reduce heat, let bubble while shaking the pan from time to time until a blond caramel is obtained. Remove the pan from the heat. Add water, boil covered until caramel dissolves, reduce uncovered to syrup consistency, divide into prepared ramekins.

2: Mix eggs and sugar well in a large bowl. Pour milk and cream into a saucepan. Split vanilla bean lengthwise, scrape out seeds, add both, bring to a boil, whisk into egg mixture, strain into a measuring cup.

3: Place ramekins on paper towels in a baking dish. Pour the cream into the ramekins, cover each with a sheet of aluminum foil. Fill the dish with boiling water up to 2/3 of the height of the ramekins.

4: Bake in a bain-marie for about 30 minutes in the lower half of the oven. Remove, leave ramekins in water for approx. 10 min, remove, take off foil. Let the flans cool, then let them set in the refrigerator, covered, for about 4 hours.

5: Carefully remove each flan from the edge of the ramekin with the tip of a knife, turn out onto a plate.

Bon Appetite!

CARAMEL PUDDING

