

caramel custard

2 eggs
2 egg yolks
2 tablespoons castor sugar
350 milk

CARAMEL

1 cup castor sugar
½ cup water

To make the caramel, dissolve sugar in water in a small saucepan over moderate heat. Bring to a boil, brushing sides of pan clean with a pastry brush dipped in cold water to prevent crystals of sugar syrup sticking to the sides. Increase heat and boil syrup steadily until a deep-golden caramel.

Remove pan from heat and allow any bubbles to subside, then pour caramel into a 500 ml ovenproof porcelain dish. Turn bowl carefully to coat sides evenly. (I use a straight-sided souffle dish for this, but any shape will do.)

Lightly whisk eggs, egg yolks and sugar together, then pour on milk. Whisk, then strain into caramel-lined dish. Place dish in a baking dish and pour in hot water to come just over halfway up sides. Bake at 160 deg C for 45 minutes until just set. Remove custard immediately from baking dish and refrigerate overnight. To serve, place a deep plate over custard and carefully invert. The custard should be surrounded by dark caramel.

orange I love infusing orange zest in the hot milk for 1 hour before making the custard, and in the winter I accompany this custard with fresh slices of orange.

SERVES 4

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