

This recipe is made all over the south of Europe: Italy, Spain, Basque region. Each of them have different flavour added to it: lavender (Provence), orange (Spain and South America) or even cinnamon.

Ingredients

Caramel

100 g +150g of sugar
120 ml of water (just enough to cover the sugar)

Cream

6 eggs at ambient temperature
600 ml of milk
100 g of sugar
vanilla essence

Preparation

1. First, prepare caramel. Put 150g of sugar in saucepan. Add enough water to cover. Bring to boiling point and keep boiling for about 5 minutes until mixture turn golden then take away from heat shaking your saucepan to homogenise the caramel. Pour into mould, rotating dish so that the caramel covers the dish evenly.
2. Heat milk in same sauce pan (it will dissolve the left over caramel).
3. In a bowl, mix eggs and sugar until whitish
4. Pour milk into mixture while whisking continuously. Add vanilla essence.
5. Strain into the caramelised baking dish. Cook covered in bain-marie in low (180oC) oven for 40 minutes or 15 minutes in pressure cooker.
6. Leave to cool before placing in fridge

Bon Appétit!