



Maple Crème Caramel

Ingredients

Caramel:

- **1 cup** maple syrup
- **1 tbsp.** butter (optional)

Custard:

- **2 cups** whole milk
- **1 cup** heavy cream
- **¾ cup** maple sugar
- **6** whole large eggs
- **1 ½ tsp.** vanilla extract

If maple sugar is not available, use ½ cup maple syrup and reduce milk and cream to 1 ¾ cup milk and ¾ cup heavy

Directions

1. Preheat oven to 275 degrees.
2. Boil water in a kettle and set aside.

3. Set out 1 large round casserole dish or 6 to 8 individual ramekins, depending on size.
4. Pour maple syrup into a heavy bottomed pan, and bring maple syrup to a boil over medium heat.
5. Watching it carefully, allow it to reduce to about 1/3 of the original volume.
6. The syrup should form threads when dropped from a spoon.
7. If using butter, stir it in quickly.
8. Working quickly, spoon caramel into container(s) and allow to set
9. If caramel doesn't harden completely after cooling, place the container(s) in the freezer to harden.
10. Break eggs and yolks into large bowl and whisk vigorously with vanilla.
11. If using maple syrup, add the maple syrup and make sure it is incorporated.
12. Heat milk and cream in a saucepan, but do NOT boil.
13. Pour a little at a time into the egg mixture, while whisking quickly
14. (This is called 'tempering' and it prevents the eggs from scrambling)
15. Pour mixture through a fine sieve into the container(s)
16. Place custards into a pan at least as deep as the containers and large enough to fit all of them.
17. Place the pan on a shelf in the middle of the oven and pour in enough of the hot water to come halfway up the sides of the custard containers.
18. Close the oven door and cook for ½ hour. Check the doneness of the custard by checking to see if it still 'jiggles'.
19. The cooking time will depend on the size of the containers
20. There should be a small area in the middle that still seems 'jiggly'
21. Remove from the oven and allow to sit in the water bath for about ½ hour.
22. Remove to a rack and cool.
23. Cover and refrigerate for at least 4 hours and preferably overnight
24. When ready to serve, run a sharp knife around the edges of the container and place plate over the top. Quickly invert the plate and the custard should drop on to the plate with caramel sauce on the top.
25. Garnish as desired and serve!

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