

## 10.25 大廚師 - Crème Caramel



### \*材料：

3 cups 750 ml cream 18 % or whippingcream 35 %. 3 杯 750ml 奶油 18%或鮮奶油 35%

6 egg yolks 6 顆大蛋黃

4 tbsp (60 mL) sugar 4 湯匙 (60 毫升) 糖

2.6 tbsp sugar 2.6 湯匙糖

1 tsp (5 mL) vanilla extract or 1 vanilla bean 1 茶匙 (5 毫升) 香草精或 1 香草豆

\*做法：

1. Preheat oven to 325 °F (170 °C).
2. Warm cream in double boiler and add vanilla extract. Beat egg yolks with sugar, then gradually beat in warm cream.
3. Pour mixture into small ramekins or a 8-cup ovenproof dish and place in a pan of hot water.
4. Bake uncovered in oven for 45 to 50 minutes (50 is better).
5. Sprinkle with maple sugar and place under grill 1 to 2 minutes or until sugar has caramelised.
6. Serve warm or cold.

1. 烤箱預熱至 325°F (170°C)。
2. 將奶油用暖，加入香草精。將糖加入蛋黃，然後再加入剛用暖的奶油裡打勻
3. 攪拌均勻後倒入小模器裡 或 8 杯耐熱盤中 然後放置於熱水中。
4. 放入烤箱 45~50 分鐘 (50 為佳)。
5. 灑上楓糖後放入烤箱 1~2 分鐘，直至糖已經變焦糖。