

Gingerbread Crème Caramel



Preparation time: 80 mins

Serves: 10 people

User Rating: ★★★★★

Publication: 19 December 2017

Categories: Desserts, Entertaining, Vegetarian

Allow time to refrigerate overnight





Ingredients

- ½ cup castor sugar (for the caramel)
- 2 tablespoon water
- 1 cup milk
- 300 ml heavy or thickened cream
- 1 tablespoon dried ginger (or 1tsp powdered ginger)
- ¼ cup castor sugar (for the custard)
- 3 eggs
- 3 egg yolks
- fresh cherries, to serve
- chocolate decorations, to serve (optional)

Method

1. Preheat oven to 160 degrees C (140 degrees C for fan forced ovens).
2. Place castor sugar in a medium saucepan with 2 tablespoons water. Stir over low heat, without boiling, until sugar has dissolved. Increase heat slightly and bring to the boil. Cook, without stirring, for about 7 mins, or until mixture is a deep golden-caramel colour. Use a wet pastry brush to brush away any crystals from the side of the pan.
3. Stand an 8 inch round cake tin in a baking dish, and pour the caramel over the base of the cake tin (take care as the tin will get hot). Set aside to cool completely.
4. Combine milk, cream and dried ginger in a saucepan. Bring to the boil, then immediately turn off the heat. Stand for 5 mins.
5. Whisk extra sugar, eggs and yolks until combined. Pour milk mixture onto egg mixture, stirring constantly. Strain the custard into cake tin over the caramel. Pour hot water around the tin to come halfway up the sides.
6. Bake for 50 mins to an hour, or until set. Cool completely, then refrigerate overnight.
7. Turn out onto a serving plate and cut into wedges. Serve with fresh cherries/berries and chocolate stars/grated chocolate.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
110g	994 238kcal	4.9g	15.2g	8.7g	19.9g	19.8g	50mg	0.3g

All nutrition values are per serve.