

Crème Caramel



This recipe is gluten free

This time-honored custard (also known as flan) is laced with 200 year-old ANGOSTURA® aromatic bitters, giving it a delicious flavor twist.

INGREDIENTS

Caramelized Sugar

1/2 cup sugar

2 Tbsp. water

6 oz. ramekins

Crème

4 larger eggs

2 cups whole milk or half & half

1/2 cup sugar

2 tsp. ANGOSTURA® aromatic bitters or 1/2 tsp. ANGOSTURA® orange bitters

1 tsp. vanilla extract

Dash salt

Makes 6 Servings

METHOD

Preheat oven to 325°F. Place ramekins in a 9 x 13 baking pan. Combine sugar and water in a small saucepan; stir. Boil gently over medium heat for about 10 minutes or until sugar starts to turn golden. Remove from heat and divide among ramekins, tilting to coat bottoms of each as you pour. Note that sugar will continue to caramelize after removing pan from heat. Meanwhile boil a quart or two of water for the 9 x 13 pan.

For crème, whisk eggs in a medium bowl or 4-cup measuring cup. Add remaining ingredients; stir to dissolve sugar. Divide among the 6 ramekins. Pour the hot water into pan halfway up the ramekins. Bake 40 minutes. Remove from oven and let stand in hot water 10 minutes. Remove ramekins from water and cool completely. Cover and refrigerate at least 4 hours or for several days. Serve in ramekins or invert onto plates. To invert, run a thin knife or rubber spatula around the inside edges of ramekins. Place serving plate on top and quickly turn over. If crème caramel does not drop out, wiggle ramekin a bit.

Recipe by Rita Held

Nutrition per serving with whole milk:235 calories, 5.8 g fat (2.6 g sat fat), 132.1 mg cholesterol, 6.8 g protein, 38.2 g carbohydrate, 108.6 mg sodium, 0 g fiber

Per serving with half & half:290 calories, 12.4 g fat (6.8 g sat fat), 154 mg cholesterol, 6.6 g protein, 37.8 g carbohydrate, 106.6 mg sodium, 0 g fiber