

Recipes From Café Constant

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Tuesday through Saturday 12 to 2:30 pm.
Tuesday through Saturday 7 to 10:30 pm
Closed Sunday and Monday

Crème Caramel

Caramel Custard

Ingredients for 4 servings:

50 cl (17 oz) milk
2 whole eggs
4 egg yolks
180 g (6 ¼ oz) granulated sugar
30 g (1 oz) vanilla sugar
1 vanilla bean

Preparation: 30 minutes + 3 hours infusion
Cooking time: 1 hour

In a saucepan, bring the milk to a boil. Split the vanilla bean in half lengthwise, scrape the seeds from the center with the tip of a small knife and add to the milk, along with the pod. Remove from the heat, cover and set aside to infuse for 3 hours.

In a separate saucepan, melt half of the granulated sugar with 1 tablespoon water and cook until a brown caramel forms. Pour the caramel immediately into the bottom of a rectangular terrine or into individual molds.

Preheat the oven to 200°C (400°F). Bring the vanilla-infused milk to a boil. Meanwhile, place the whole eggs and yolks in a bowl, add the remaining sugar and vanilla sugar, and whisk rapidly until the mixture thickens and turns lemon yellow. Remove the vanilla bean from the milk and pour over the yolk-sugar mixture, whisking constantly. Pour the mixture into the caramel-lined terrine or individual molds.

Reduce the oven temperature to 110°C (225°F). Place the terrine or molds in a water bath and cook in the oven for 1 hour. To verify the cooking, insert the blade of a knife in the center of the cream; if it comes out clean, the cream is cooked.

Remove the terrine or molds from the water bath and let cool completely before serving.