



Ingredients

3 cups fat-free milk
5 tbsp sugar
3 eggs
1/2 tsp vanilla essence
5–6 tbsp sugar (for the caramel syrup)

Nutrients

Approx. calories per serving: 198 kcal

Procedure

For the caramel syrup, preheat a 16 cm Regular on medium heat until the Thermo Indicator reaches the green mark. Add the sugar, lower the heat and caramelize until golden brown. Pour immediately into a flat bottomed mould. Alternatively you could also use Healux Cupcake Moulds to set the custard for individual servings.

Beat the eggs lightly and add vanilla essence to it. Dissolve the sugar in milk, mix in the beaten eggs and blend well. Pour into the caramel-lined mould and cover with grease proof paper. Following instructions for steaming in the "Everyday Cooking" section, steam in a 24 cm Regular unit with steaming accessories for 30 minutes on medium heat until the custard sets.

Remove the mould from the unit and chill. To serve, loosen the edges of the custard with a knife and invert the custard onto a suitable serving platter. Cut into wedges and serve chilled.