



Part 4
The Good Hope Quilters' Guild Mystery Quilt 2023
THE SPICE ROUTE RECIPES

Crème Caramel

This simple, yet delicious silky smooth dessert is the perfect complement to any spicy meal. Whether you decide to hide in the kitchen to flip the dish and reveal the beauty of the jiggling custard mountain with amber gold caramel waterfalls cascading down the sides, or risk the nerve-wracking performance in front of your guests, this showstopper is sure to impress.

Serves 6-8.



Photo by Dawie van Niekerk ©

Ingredients

170g castor sugar
375g tin sweetened condensed milk
5 eggs
600ml milk
400ml tin coconut milk
1 star anise
1 cinnamon quills
4 cardamom pods, crushed

Method

1. Preheat oven to 180°C.
 2. Add dry spices and milk to a pot and bring to the boil. Remove from heat, cover and allow to cool while the flavours infuse.
 3. Put the sugar in a small heavy base pan over medium heat and stir occasionally with a fork. Allow the sugar to dissolve and turn into a dark golden caramel.
 4. Remove from the heat and pour carefully into a 23 cm round ovenproof dish (non-metallic). Place the dish in a deep roasting tin.
 5. Strain the cooled milk and remove the spices. Whisk together the milk, condensed milk, eggs and coconut milk. Strain into the dish over the caramel.
 6. Pour boiled water into the roasting tin to make a *bain-marie*. Make sure the water reaches halfway up the side of the dish. Cover the roasting tin with foil and bake in the preheated oven for 1 hour.
 7. Lift the foil and jiggle the dish: if the custard looks set and wobbles like a jelly, remove from the tin. Allow to cool and refrigerate for at least 4 hours.
 8. To serve, run a knife along the edge of the dish, place a serving dish on top, turn both around in one careful swift movement (holding both firmly together). Remove the dish.
- Take care to not overbake the dessert. If the dessert jiggles but still looks a bit raw in the middle, switch off the oven and allow to cool in the oven.