

Creme caramel



Creme caramel

For 4 servings (forms of approx. 100ml):

500 ml soy milk

2 packages vanilla sugar (or 2 tablespoons raw sugar + 1 teaspoon vanilla extract)

2 teaspoons agar-agar

1/4 teaspoon turmeric, for the color

5-6 tablespoons raw sugar, for the caramel

Put 5-6 tablespoons of sugar in a small saucepan, melt it on low heat until it gets a nice amber color. Pour it into the forms so that you get a layer of 3-4 mm of caramel.

Dissolve the agar-agar in a little bit soy milk.

Mix the remaining soy milk with the vanilla sugar and turmeric. Stir until the sugar has dissolved, bring to a boil then add the agar-agar and cook for 2 minutes.

Pour into the forms, over the caramelized sugar.

Allow to harden at room temperature.



Crème caramel

Place a serving dish on top of the ramekin and turn upside down.

Consume it directly or keep it in the refrigerator, in forms, until the next day.

Note: for more servings you can prepare one big crème caramel, in a large form adjusting the quantities to the the size of the form.

Follow the prescribed amount of agar-agar otherwise it can harden too much.