

Brazilian Creme Caramel

From Nelson's Kitchen
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This version of creme caramel most likely came to Brazil from Portugal. It is rich in eggs as most Portuguese desserts. In its traditional form, it is baked in a narrow ring form, but you can adapt it and bake in regular square or round baking dishes or in small custard ramekins. One of the secrets here is to have fresh omega-3 or omega-plus rich eggs with a very dark yellow yolk.

Ingredientes:

- 6 eggs plus 4 yolks
- 2 cups of sugar
- 3 cups of milk
- 1 tablespoon of vanilla extract
- 1/4 teaspoon of salt

Procedure:

1. **Pre-heat the oven to 325 F**
2. **Heat about 1 1/2 inch of water in a large pan**
3. **Prepare the Caramel**
 - Select the container in which you will bake the pudim and place next to the stove.
 - Measure one cup of sugar.
 - Place a saute pan on the fire and while it is still cold, sprinkle enough sugar to completely cover the bottom of the pan, reserving some of the sugar.
 - Stand watching. As the sugar starts to melt in spots, sprinkle additional cold sugar on those spots. Keep adding sugar until all the sugar is gone.
 - At this point there will be a layer of melted sugar in the bottom of the pan.
 - Holding the handle with a pot holder, stir the sugar with a wooden spoon to ensure that it cooks uniformly.
 - Once the sugar melts, reduce the fire to moderate and keep stirring until you obtain a nice brown color. It is important to obtain an intense color, but if you cook for too long the caramel will be bitter.
 - As soon as you reach the colour that you want, dump the entire mixture in the baking container in which you will bake the pudim.
 - Holding the form with pot holders, swirl it around to coat the bottom completely and for the caramel to come up the sides.
4. **Prepare the pudim base**
 - Measure 3 cups of milk in a glass container and heat up in the microwave.

- Break the eggs into a mixing bowl,.
- Add the yolks and 1 cup of sugar.
- Add the salt.
- Beat the eggs and sugar with a whisk until well mixed.
- Drizzle the hot milk in the egg mixture mixing constantly to temper the eggs.
- After the egg and sugar mixture gets more fluid, add the remaining of the milk, mix well.
- Add the vanilla extract.

5. Bake the pudim

- Strain the pudim base through a strainer into the caramelized form.
- Set the form into the hot water bath.
- Bake for 1 to 1/2 hour, until a sharp knife inserted in the center comes clean.
- Remove from the water bath and let it cool for a while.
- Cover and put in the refrigerator.
- The pudim is at its best if served 4 or 5 days after it is prepared.