

Krem Karamel

Klasik İspanyol tatlısı Krem Karamel tarifi. Karamelize şeker sosu ve kremalı muhallebi ile enfes bir lezzet. Kolay yapım rehberi.

25	40	65	6	Easy
HAZIRLIK DK	PİŞİRME DK	TOPLAM DK	PORSİYON	ZORLUK

Krem Karamel

Malzemeler

- 3 cup granulated sugar
- 30 ml water
- 2 cup milk
- 3 egg
- 2 egg yolk
- 2 tbsp vanilla extract

Yapılış

- Prepare equipment**

Preheat oven to 160°C (320°F). Place 6 ramekins (4 oz/110ml each) in a large roasting pan.
- Make the caramel**

Combine 1 cup sugar and 30ml water in a small heavy-bottomed saucepan. Stir until sugar dissolves completely.
- Cook over medium-high heat for 6-8 minutes without stirring, swirling the pan occasionally, until mixture turns deep amber color. Immediately divide caramel among ramekins, tilting each to coat the bottom evenly.**
- Heat the milk**

Heat 2 cups milk in a small saucepan over medium heat until steaming but not boiling, about 4-5 minutes. Remove from heat and let cool slightly.
- Make custard base**

Whisk together 3 whole eggs, 2 egg yolks, and remaining 1/2 cup sugar in a medium bowl until smooth and well combined, about 1 minute.
- Slowly pour warm milk into egg mixture while whisking constantly to prevent curdling (this process is called tempering). Add 2 tablespoons vanilla extract and whisk until combined.**
- Strain custard mixture through a fine-mesh sieve to remove any lumps. Divide evenly among caramel-lined ramekins.**
- Bake in water bath**

Place roasting pan with ramekins in oven, then carefully pour hot water into pan until it reaches halfway up sides of ramekins. Bake for 35-40 minutes until custards are just set but still slightly jiggle in center.

- 9 Test doneness by inserting a knife into center of one custard - it should come out clean. Remove ramekins from water bath and cool to room temperature, about 1 hour.
- 10 **Chill and serve**
Cover ramekins with plastic wrap and refrigerate for at least 3 hours or overnight. To serve, run a thin knife around edges to loosen, then quickly invert onto serving plates - the caramel will flow over the custard as sauce.

?puçlar?

Karamel yaparken tencerenin kenarlar?na yap??an ?eker kristallerini ?slak f?rça ile temizleyin, aksi takdirde karamel kristalle?ir.

Muhallebi kar??m?n? haz?rlarken yumurtalar? a??r? ç?rpma?n, sadece homojen hale getirin. A??r? ç?rpma kabarc?k olu?umuna neden olur.

S?cak süt ve krema kar??m?n? yumurtalara çok yava? ekleyin. H?zl? ekleme yumurtalar? p?ht?la?t?r?r.

Muhallebi kar??m?n? mutlaka süzgeçten geçirin. Bu i?lem pürüzsüz doku için çok önemlidir.

Bain-marie için kullanaca??n?z su kaynar durumda olmamal?, hafif fokurdamal?. Çok s?cak su muhallebiyi delikli yapar.

Pi?ip pi?medi?ini kontrol etmek için kal?b?n ortas?na b?çak ucu sokun. Temiz ç?kmas? gerekir ama hafif nemli olabilir.

Kal?ptan ç?karmadan önce en az 4 saat, mümkünse bir gece buzdolab?nda bekletin. Bu süre dokuyu sa?lamla?t?r?r.

Tarifi bir gün önceden yap?n çünkü bu tatlı so?uk servis edildi?inde en lezzetli halini al?r.