

Caramel Pudding

Ingredients

For caramel:

- Sugar - 25 gms or (¼ Cup)
- Water - 1 - 2 tbsp

For pudding:

- Milk - 500 ml or (2 Cup)
- Sugar - 50 gms or (½ Cup)
- Eggs - 3
- Vanilla essence - ½ tsp

Method:

For making caramel :

Add sugar in a dry pan and leave it untouched until the sugar melts down completely and turns slightly brown. Add water and the sugar syrup will start bubbling up. Do not stir just swirl to heat up evenly.

Once the mixture turns golden brown then pour the caramel into moulds immediately so that spreads to fill the base.

For making pudding:

Beat eggs until fluffy then add sugar and beat it well until the sugar dissolves completely. I used my whisk to beat until fluffy.

Add boiled milk to the egg sugar mixture and beat for few mins. Add the vanilla essence, give a quick stir. Strain this through a strainer to remove undissolved egg white strands.

Now pour the milk egg mixture into the prepared mould. And put the mould inside a Pressure cooker on a rack with some water, once the steam start to come out lower the heat and cook for 20 mins. the weight should not be put on.

Allow it to cool for a while then refrigerate at least for an hour before serving. At the time of serving run a knife around the edges of the pudding to loosen a bit then invert the mould on the serving plate. A delicious caramel coated pudding is ready

