

Caramel Custard



Contain :

Spiciness : NONE

Serves :

Prep Time : 10mins Cooking Time : 30mins

Ingredients :

- 2 1/2 cups low fat milk
- 1 tbsp ChocoRich Instant Custard Original
- 3 sachets sugar substitute
- 1/2 tbsp vanilla essence
- 5gram chopped agaragar
- 1 tbsp sugar for caramelising

Instructions :

1. Soak the China grass in $\frac{3}{4}$ cup of cold water for 15 to 20 minutes. Put to cook on a slow flame until it dissolves. Keep warm.
2. In a pudding mould, add the sugar (for caramelising) and 1 teaspoon of water and continue cooking until the sugar becomes brown.
3. Spread the caramelised sugar all over the base of the mould, rotating the mould to spread it evenly. The sugar will harden quickly.
4. Mix the ChocoRich Instant Custard Original in $\frac{1}{2}$ cup of cold milk.
5. Boil the remaining milk. When it comes to a boil, add the custard powder and milk mixture and continue cooking till you get a smooth sauce.
6. Add the China grass solution to the custard and boil again for 2 minutes.
7. Strain the mixture and cool it slightly. (Strain the mixture if it is lumpy).
8. Add the vanilla essence and sugar substitute and mix well. Pour this mixture over the prepared pudding mould. Allow to set in a refrigerator.
9. Before serving, loosen the sides with a sharp knife and invert on a plate.
10. Serve chilled.

Tips

1. The mould should be approx. 125mm. (5") in diameter to get a 50 mm. (2") high custard.



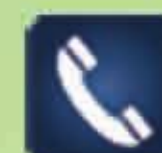
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