

Chef to Chef

## Caramel custard cooked in the pressure bratt pan

Know-how saves time and energy

Time and again, we present this product during our cooking shows, and time and again the results are genuinely surprising.

Caramel custard cooked under pressure really contradicts everything that we as cooks have learned, which is to slowly poach custard in water at 80°C to avoid bubbling.

Try this out. Just remember the following points:

- The appliance must be preheated
- The recipe must be correct
- Do not use metal dishes; glass or ceramic is recommended
- Cooking times depends on dish size
- After filling the dishes, cover them with heat-proof plastic wrap (prevents condensation)

And here's our *free* proven formula:

- 1 whole egg and 3 egg yolks
- 75 grams sugar
- 1 package of vanilla sugar
- ½ vanilla stick
- 250 ml milk
- 250 ml heavy cream
- Caramelised sugar

Preparation:

Beat eggs, egg yolks, and sugar in a separate dish.

Pour a layer of caramelised sugar (approx. 5 mm) in each dish

Heat cream, vanilla sugar, and the vanilla stick and add to the egg yolk mass, stir well. Then pour through a sieve and fill into the dishes.

Cook under pressure for 2:30 to 3:00 minutes.

Enjoy!

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