

Cardamom crème caramel with filo rolls and raspberries

Ingredients

For the caramel

- 110g/4oz caster sugar
- ¼ tsp finely ground cardamom seeds
- 2 tbsp hot water

For the crème caramel

- 150ml/5fl oz milk
- 300ml/11fl oz double cream
- ½ tsp finely ground cardamom seeds
- 3 free-range eggs
- 75g/3oz caster sugar

For the filo rolls

- 3 tbsp icing sugar
- 4 sheets filo pastry
- 50g/2oz butter, melted
- 2 tbsp caster sugar
- vegetable oil, for frying

To serve

- 200g/7oz fresh raspberries

Preparation method

1. For the caramel, place four large ramekins into a roasting tray.
2. Heat the sugar and crushed cardamom seeds in a saucepan set over a medium heat. When the sugar begins to melt and darken, stir a little and continue to cook until the mixture becomes caramel-coloured liquid.
3. Remove the pan from the heat and carefully add the hot water (CAUTION: the mixture may spit a little.) Stir the mixture until well combined and pour a little into the bottom of each ramekin, swirling it around to coat the sides slightly.
4. For the crème caramel, preheat the oven to 150C/300F/Gas 1.
5. Heat the milk, cream and crushed cardamom seeds in a saucepan until just simmering.
6. Meanwhile, whisk the eggs and sugar in a bowl until frothy.
7. Whisk the hot milk into the egg and sugar mixture until well combined.
8. Pass the mixture through a sieve, then pour into the ramekins. Fill the baking tray with enough hot water to come halfway up the

less than 30 mins

preparation time

over 2 hours

cooking time

Serves 4

By James Martin

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ramekins.

9. Bake the crème caramels for one hour, then remove from the oven and set aside to cool. Chill the ramekins in the fridge for 2-3 hours.
10. Meanwhile, for the filo rolls, sprinkle the work surface with icing sugar.
11. Cut the filo sheets into 15cm/6in squares then lay four sheets onto the icing sugar, brush with the melted butter and sprinkle over the caster sugar. Lay remaining filo sheets on top and roll up like a cigar.
12. Half-fill a deep, heavy-based pan with vegetable oil and heat until a cube of bread dropped in sizzles and turns golden-brown (CAUTION: hot oil can be dangerous. Do not leave unattended).
13. Fry the filo straws for 20-25 seconds, or until golden-brown. Remove the filo rolls from the oil and set aside to drain on kitchen paper.
14. Remove the crème caramel from the fridge one hour before serving.
15. To serve, loosen the crème caramels by running a knife around the edges. Invert the crème caramels onto each of four serving plates. Place a filo roll alongside and garnish with the raspberries.