

Cream Pots with Fruit

I used frozen brambles for this dish, it would also work well with raspberries, strawberries, apricots or mango.

They keep well in the fridge for a few days.

Makes 6 x 150ml ramekins

200ml double cream

250ml milk

40g caster sugar

1 tsp vanilla essence

1 egg

3 egg yolks

Fruit to cover the bottom of the ramekins

1. Put the fruit in the bottom of the ramekins, heat the oven to 150C/300F/Gas2.
2. Put the cream, milk, sugar and vanilla essence into a small pan and heat to scalding point.
3. Beat the eggs and egg yolks in a bowl.
4. Once the milk & cream are hot enough, pour over the eggs, mix well and divide between the ramekins.
5. Put the ramekins into a roasting tin with enough hot water to come ½ way up the sides, cover with foil and put into the oven for 30 mins.
6. Remove the foil carefully to avoid drips, remove the ramekins from the roasting tin and allow to cool before eating.



Hints, Tips and Adaptations

Gluten free, vegetarian

Sprinkle with sugar and brulee under the grill or with a blow torch for an extra special dessert!

Try rosewater instead of vanilla essence for a Middle Eastern twist.

Use all single cream instead of the mix of milk and double cream.

Make 1 large if feeding a crowd.