

3-INGREDIENT MICROWAVE CUSTARD PUDDING

Serves 2

Hands-on time: 5 minutes

Hands-off time: 2 hours 30 minutes

INGREDIENTS

¼ cup Selati Pure White Sugar

1 large egg

1 cup cream

Serving suggestion:

Fresh mint leaves

**Microwave cooking times may vary due to wattage; use the timings below as a guide.*

METHOD

1. Lightly grease 2 small microwave-safe ramekins with non-stick cooking spray. **Chef's Tip: Mugs can also be used!*
2. Add 1 tablespoon of Selati Pure White Sugar and 1 teaspoon of water to each ramekin. Microwave both ramekins at medium heat for about 3 minutes or until completely dissolved and golden brown.
3. Swirl each ramekin to spread the caramel evenly over the base. Set aside to cool and allow the caramel to harden.
4. Add the remaining 2 tablespoons of sugar and the eggs to a medium-sized microwave-safe bowl. Whisk until smooth before adding the cream and whisking once more until combined. Sieve the custard base before pouring it into the ramekins. **Chef's Tip: Add a teaspoon of vanilla essence to add extra flavour to the pudding.*
5. Divide the custard base in between the ramekins over the hardened caramel. Microwave the custard for 3-4 minutes or until the custard is completely firm to the touch. **Chef's Tip: Please reduce your microwave wattage to 500 to stop the pudding from splitting.*
6. Allow the custard to cool at room temperature before placing the ramekins into the fridge to set for about 2 hours.
7. When ready to serve, use a dessert plate to cover the top of the ramekin and flip it over carefully for the custard to fall onto the plate. **Chef's tip: Dip the ramekin bases in a small bowl of hot water for 3-5 seconds to help loosen the custard, if necessary.*
8. Slowly remove the ramekin revealing the custard. Garnish with a sprig of fresh mint, serve and ENJOY!