

APPLE AND SOYA CREME CAMEL

INGREDIENTS

4 eggs
1/2 litre of soya milk
150g of sugar
2 apples
1 teaspoon of vanilla flavouring
150g of caramelised sugar

Note: You can either use one large baking tin or several small ones.
The plate can be garnished with meringue or cream.

DIRECTIONS

1. Peel the apples and begin to make a compote using a small amount of water, adding the vanilla.
2. Purée the compote.
3. Next, boil the soya milk and the sugar for 5 minutes.
4. Remove from the heat, and once it has cooled add the lightly beaten eggs y and the apple purée.
5. Mix well and empty out into a caramelised baking tin.
6. Cook in a bain-marie for 50 minutes.
7. Once cold, remove from the baking tin.