

## Soy Milk and Ginger Purin

### EQUIPMENT

22 cm (9 inch) solid cake tin, Medium Size Saucepan, Whisk, Mixing Bowls, Scales, Pouring Jug, Fine Mesh Sieve, Microplane or Fine Grater, Carving Knife, Whisk

### INGREDIENTS

165gm Caster Sugar, 3 Whole Eggs, 3 Egg Yolks, 400gm Soy Milk,  
375gm Sweetened Condensed Milk, 5cm Piece Ginger, Sea Salt, Oil Spray

### METHOD

Lightly spray the entire surface of the cake tin and set aside. Place sugar and salt into a saucepan over medium heat and cook until a rich deep copper coloured caramel. Pour the caramel into the tin and rotate the tin ensuring the caramel covers the entire base of the tin and set aside to rest for 5 minutes.

In a medium mixing bowl finely grate the ginger, add the eggs and egg yolks followed by the soy and sweetened milk and whisk together until very well combined.

Pass the mixture through a fine mesh sieve into a pouring jug and pour over the caramel base.

Place the tin into a preheated oven steam setting 95 degrees for 40-45 minutes until set. Remove the flan from the oven and let stand at room temperature for 30 minutes. Transfer to the fridge to cool completely for a further 3 hours.

Once ready to serve, run a sharp knife around the edge of the flan and invert onto a serving plate, slice wedges and serve with fresh fruit.

### HINTS & TIPS

If you find your egg mixture has a lot of small bubbles pass it through a sieve twice to assist in removing these bubbles.

When pouring the egg mix over the caramel be gentle and avoid doing it from a height as you don't want to then again create more bubbles in the mix.

This recipe has many names and variations depending on the country. It's also known as a Leche Flan (Philippines), Creme Caramel (France) or Budino (Italy) although recipe ingredient variations exist the technique across the board is essentially the same.