

Lew's Recipe Book

** "Pavlova" **

Australian Dessert

Prep Time: 30-60 Minutes

Difficulty: Easy

Source: Green and Gold Cookbook

=== Ingredients ===

1 Cup Granulated white Sugar

1 Teaspoon White Vinegar

1 Teaspoon Vanilla Extract

1 Cup assorted fruit chunks

3 Egg whites

=== Directions ===

Beat the whites of three eggs until stiff, gradually adding sugar, vinegar and vanilla extract. Heap onto wax paper covered cookie sheet, making a circular mound roughly 6 inches in diameter. Indent the top of the mound.

Bake in oven for 75 minutes @ 300 degrees F.

Let cool after baking, and remove from paper. Pour mixed fruit over the Pavlova, concentrating fruit into depression on top.

Cut into slices, and serve.

Lew's Recipe Book

** "All-in-one Roasted Vegetables" **

Canadian Vegetable Side Dish
Prep Time: 10-20 Minutes
Difficulty: Intermediate
Source: Gabby

=== Ingredients ===

1 Sundry vegetables
1 Bottle Salad Dressing

=== Directions ===

Place chopped vegetables on a foil-lined baking sheet, and drizzle with salad dressing.

Bake at 400 degrees F. for 20 minutes

Serve hot

Lew's Recipe Book

** "Apple-Raisin Pancakes" **

Canadian Breakfast

Prep Time: 0-10 Minutes

Difficulty: Easy

Source: Marya Pitcher

=== Ingredients ===

3/4 Cup All-purpose flour
3/4 Cup Whole wheat flour
2 Tablespoon Brown sugar (packed)
2 Teaspoon Baking Powder
1/2 Teaspoon Baking Soda
1/4 Teaspoon salt
1 large egg
2 Tablespoon cooking oil
14 Ounce unsweetened applesauce
1/2 Teaspoon ground cinnamon
1/2 Cup raisins
1/4 Cup milk (approx. needed to thin)

=== Directions ===

Measure first six ingredients (flours, sugar, baking soda & baking powder, salt) into bowl. Stir.

Add remaining ingredients. Mix until moistened. Drop about 1/4 cup at a time onto hot greased frying pan. When bubbles appear and the edges look dry, turn to cook on other side. Serve with butter and pancake syrup. Makes 12 pancakes.

Lew's Recipe Book

** "Barbecued Spare Ribs" **

Canadian Beef Entree

Makes: 4 servings
Prep Time: 60+ Minutes
Difficulty: Easy
Source: Marya Pitcher

=== Ingredients ===

4 Pound Country style spare ribs
1 large onion
1 Teaspoon salt
1 Teaspoon paprika
1/2 Teaspoon celery salt
1/4 Cup brown sugar
1/4 Cup vinegar
1 Tablespoon Worcestershire sauce
1 Cup catsup
2 Cup hot water

=== Directions ===

Heat oven to 400 F. Cut meat into strips, fat side up. Peel onion; cut in thin slices and lay over meat. Put in oven, roast 20 to 25 minutes or until spareribs begin to brown.

Measure remaining ingredients into small saucepan. Mix well and heat to boiling.

Reduce oven temperature to 350 degrees F. Pour sauce over meat and turn spareribs. Bake 1 hour to 1 hour, 30 minutes or until tender, basting every 15 minutes with sauce

Lew's Recipe Book

** "Beef and Corn Bake" **

Canadian Beef Entree

Prep Time: 30-60 Minutes

Difficulty: Easy

Source: Companys Coming Casseroles

=== Ingredients ===

2 Pound ground beef
1 medium onion, chopped
1/4 Cup cooking oil
12 Ounce kernel corn
20 Ounce Cream of Tomato soup
1 Teaspoon salt
1/2 Teaspoon pepper
1 Tablespoon catsup
2 Cup cooked noodles ("baby shells")
1 Cup grated cheddar cheese

=== Directions ===

Put ground beef, onion and oil in frying pan. Stir to break up meat as it browns. Drain off fat, and discard. Put meat mixture into large bowl.

Put corn, soup (two 10 oz. cans), salt, pepper, and ketchup into same bowl. Stir to mix together with meat.

Prepare noodles according to package directions. Drain and measure. Combine with all ingredients in bowl. Pour into 3-quart (3.5l) casserole.

Sprinkle grated cheese over top. Cover and bake in 350 degree F. (180 C.) oven for 45 minutes. Remove cover and continue to bake until cheese is melted and bubbly.

Chopped celery may be added with browned meat.

Oregano may be added to mixture for taste.

=== Comments ===

Freezes well. If freezing, leave grated cheese off until thawed. Often, I double

Lew's Recipe Book

** "Teriyaki Roast" **

Canadian Beef Entree

Makes: 8 servings
Prep Time: 60+ Minutes
Difficulty: Easy
Source: Marilyn Blamire

=== Ingredients ===

6 Pound Eye of Round roast
2 Cup Teriyaki Sauce

=== Directions ===

Marinate Eye of Round in Teriyaki sauce for 2-4 hours.

Light one burner of a two-burner barbecue, and place the Eye of round over the unlit burner.

Rotate roast once every 10-15 minutes, basting with Teriyaki sauce marinade at each turn. Keep on barbecue until cooked to preference (about 20 minutes per pound of roast).

Remove roast and slice into servings.

Heat marinade as sauce for roast.

=== Related Recipes ===

Teriyaki Sauce (required)

Lew's Recipe Book

** "Teriyaki Sauce" **

Canadian Condement

Prep Time: 0-10 Minutes

Difficulty: Easy

Source: Marilyn Blamire

=== Ingredients ===

7/8 Cup Soy Sauce

2/3 Cup Dry Sherry (5 - 6 vin. dryness)

2/3 Cup White sugar

1/3 Cup Worcestershire sauce

2 Teaspoon Garlic powder

2 Teaspoon grated Ginger

=== Directions ===

Mix ingredients together in large bowl.

Use as needed

=== Comments ===

Use as marinade for Teriyaki roast

=== Related Recipes ===

Teriyaki Roast (optional)

Lew's Recipe Book

** "Bran Muffins" **

Canadian Bread/Pastry

Makes: 4 servings
Prep Time: 10-20 Minutes
Difficulty: Easy
Source: magazine

=== Ingredients ===

5 Cup flour
5 1/2 Cup 100% bran cereal
2 Cup firmly packed brown sugar
1 Cup raisins
3 Teaspoon baking soda
3 Teaspoon cinnamon
4 Cup buttermilk or soured milk
1 Cup vegetable oil
4 eggs

=== Directions ===

In a large bowl stir flour with cereal, brown sugar, raisins, baking soda and cinnamon until evenly mixed. Make a well in the centre of the mixture.

In another bowl, whisk buttermilk (or sour milk) with oil and eggs. Pour into centre of flour mixture and stir until all ingredients are evenly moistured. DO NOT OVERMIX.

At this point, batter can be baked or stored in an airtight container and refrigerated up to two weeks, or frozen for a couple of months.

Spoon in muffin mix at room temperature. Bake at 350 F for 25 to 30 minutes.

You can freeze the muffins if necessary.

Tip: To sour milk, add 4 teaspoons (20 ml) white vinegar to 4 cups (1 L) milk. Let stand 5 minutes before adding to the recipe.

Lew's Recipe Book

** "Broccoli Pasta Casserole" **

Canadian Vegetable Entree

Makes: 6 servings
Prep Time: 10-20 Minutes
Difficulty: Intermediate
Source: Marya Pitcher

=== Ingredients ===

1/2 Pound broad noodles
3 Quart boiling water
1 Tablespoon cooking oil (optional)
2 Tablespoon salt
4 Cup broccoli (one bunch, cut up)
1 Cup boiling water
1/4 Teaspoon salt
2 eggs
1 Cup cream cottage cheese
1/2 Cup plain yoghurt
3/4 Tablespoon salt
1/2 Cup grated medium or sharp cheddar

=== Directions ===

Cook noodles in first amount of boiling water, cooking oil and salt in large uncovered saucepan for 6 to 10 minutes until tender but firm. Drain. Put half noodles in greased 2 qt casserole.

Cook broccoli in second amount of boiling water and salt until tender-crisp. Drain. Spread over noodles in casserole.

Combine eggs, cottage cheese, yoghurt and salt in blender. Process until smooth. Pour half over broccoli. Cover with remaining noodles.

Sprinkle with cheese. Pour remaining egg mixture over all. Bake covered in 350 F oven for about 20 minutes. Remove cover. Bake 10 minutes more until bubbly hot. Serves 6.

Lew's Recipe Book

** "Country Spinach Salad" **

Canadian Vegetable Appetizer

Makes: 6 servings
Prep Time: 10-20 Minutes
Difficulty: Easy
Source: magazine

=== Ingredients ===

2 Tablespoon Balsamic Vinegar
1 Tablespoon liquid Honey
1/4 Teaspoon dried leaf Tarragon
1 Pinch salt and pepper
1/4 Cup vegetable oil
1 large bunch Spinach, trimmed and cleaned
1/4 Pound mushrooms
1/4 Pound Swiss or Mozzarella cheese
1/2 small red onion

=== Directions ===

In a small bowl, whisk vinegar with honey, tarragon, salt and pepper. Gradually whisk in oil. Dressing can be covered and refrigerated for up to one week.

Tear spinach into large bite size pieces and place in large bowl. Thinly slice mushrooms and scatter over spinach. Grate cheese and add to salad.

Toss salad with half of dressing. Taste, and add more, if necessary. Thinly slice onion and scatter over salad. (Note: per serving, 6.9 carbs)

Lew's Recipe Book

** "Pulled Beef" **

American Beef Entree

Makes: 8 servings
Prep Time: 60+ Minutes
Difficulty: Easy
Costs: 10
Source: Lipton ad

=== Ingredients ===

1.5 Kilogram Boneless Chuck Roast
1 pouch Lipton Onion Soup mix
500 Millilitre water
125 Millilitre Chili Sauce
50 Millilitre Brown Sugar
8 Kaiser Rolls

=== Directions ===

In a slow cooker, arrange roast. Combine soup mix with water, chili sauce, brown sugar; pour over roast.

Cook covered on low heat for 8 - 10 hours or on high for 4 - 6 hours, or until roast is tender.

Remove roast, reserving juices. Let roast cool. Shred (with fork or fingers) into bite-sized pieces. Return meat to reserved juice and heat through.

Pile meat onto toasted bun. Top with additional sauce if desired.

Lew's Recipe Book

** "Basic White Bread - 1.5 lb loaf" **

American Bread/Pastry

Prep Time: 60+ Minutes

Difficulty: Easy

Source: Black and Decker All-In-One Pro Breadmachine book

=== Ingredients ===

1 1/4 Cup Milk

2 Tablespoon Shortening (butter or margerine)

1 1/2 Tablespoon Sugar

1 Teaspoon Salt

3 1/4 Cup All-purpose flour

1 1/2 Teaspoon Regular or Fast Rise Bread Yeast

=== Directions ===

Measure milk, shortening, sugar, salt, flour and yeast into breadmachine baking pan. Lock baking pan into breadmachine.

Select "Basic Bread Setting" on breadmachine.

Select "Regular" or "Dark Crust" to your preference.

Press "Start".

When complete, remove baking pan from breadmachine, shake loaf loose from pan, and place on wire reack to cool.

Baking time: 3 hours, 50 minutes.

=== Comments ===

modified original B+D recipe to give lighter loaf

Lew's Recipe Book

** "Irish Coffee" **

American Beverage

Makes: 1 servings

Prep Time: 0-10 Minutes

Difficulty: Easy

Source: Cooking Out Of This World by Anne McCaffrey

=== Ingredients ===

1 Cup strong coffee

1/4 Cup sweet whipped cream

1 Teaspoon white sugar

1 Teaspoon brown sugar

2 Ounce Irish Whiskey

=== Directions ===

Use an Irish Coffee glass, or any glass with a handle. The drink is supposed to be pretty; the glass is necessary to show it. But glass gets hot. You need the handle.

Sugar the rim of the glass: place 1 teaspoon of white sugar on a small plate or other clean surface. Wet rim of glass. Invert glass and run rim through the white sugar.

Into the glass, load 1 heaping teaspoon of brown sugar. Follow with Irish Whiskey to taste; an ounce and a half to two ounces. You'll learn to pour by eye.

Fill the glass almost to the top with strong black coffee. Make the coffee 25% stronger than normal.

Float whipped cream on top of coffee.

If you catch anyone trying to stir the whipped cream into the coffee, throw him the hell out. You went to a lot of trouble making that drink.

=== Comments ===

Recipe by Larry Niven, augmented slightly by Lew Pitcher

Lew's Recipe Book

** "Salmon Dry Rub Seasoning" **

Canadian Condement

Prep Time: 0-10 Minutes

Difficulty: Easy

Source: <http://www.northernaquafarms.com/recipes/>

=== Ingredients ===

2 Teaspoon freshly grated Black Pepper

1 Teaspoon Lemon Pepper

1 Teaspoon Garlic powder

1 Teaspoon dried Tarragon

1 Teaspoon dried Basil

1 Tablespoon Paprika

1 Tablespoon Salt

2 Teaspoon light Brown Sugar

=== Directions ===

Place dry rub ingredients in a food processor and process until well blended.

Transfer to a small bowl or cup, wrap tightly, and store at room temperature until ready to use.

Makes 1/4 cup of seasoning.

=== Related Recipes ===

Cedar Planked Salmon (optional)

Lew's Recipe Book

** "Cedar Planked Salmon" **

Canadian Seafood Entree

Prep Time: 30-60 Minutes

Difficulty: Easy

Source: <http://www.northernaquafarms.com/recipes/>

=== Ingredients ===

1 Cedar BBQ grilling plank
2 Salmon fillets, skin removed
1 Lemon
1/4 Cup Salmon Dry Rub Seasoning

=== Directions ===

Soak the cedar plank in clean water for at least 5 hours.

Place the fish fillets on wax paper. Sprinkle both sides of the fish evenly with the dry rub (1.5 teaspoon per 6 oz serving). Press the seasoning into the flesh.

Refrigerate the fish fillets, uncovered, for at least 2 hours (and up to 12 hours).

If using a gas grill, preheat on high, then turn down to medium before grilling. If using a charcoal grill, wait until the coals are covered with a gray ash.

Cut the lemon into wedges, and drain (but do not dry) the cedar plank.

Place the fish fillets in the centre of the plank. Squeeze a lemon wedge over the salmon. Place the plank on the grill and cover with a lid.

There will be some crackling and heavy smoke. Keep a water bottle handy in case the plank begins to flame. If it does, spray the water lightly over the plank, and cover again.

The fish should take 8 to 10 minutes to cook, depending on the thickness of the fish, and the heat of the grill. Remove when the fish reaches an internal temperature of 120F - 125F.

Garnish with lemon wedges, and serve.

=== Related Recipes ===

Salmon Dry Rub Seasoning (required)

Lew's Recipe Book

** "Slow-cooker BBQ Pork Sandwiches" **

Canadian Pork Entree

Makes: 8 servings
Prep Time: 0-10 Minutes
Difficulty: Easy
Source: Kraft Canada webrecipes

=== Ingredients ===

1 Kilogram boneless Pork Shoulder
3 Onions, sliced, separated into rings
1/2 Cup barbecue sauce
8 Kaiser Rolls, split
8 Slice cheese

=== Directions ===

Place meat in slow cooker; top with onions and barbecue sauce. Cover with lid. Cook on LOW for 8 to 10 hours (or on HIGH for 4 to 5 hours).

Remove meat from slow cooker; cut off and discard excess fat. Chop meat into small pieces or shred with fork. Return to slow cooker; stir until evenly coated with sauce.

Fill rolls with meat mixture and cheese slice just before serving.

Lew's Recipe Book

** "Slow-Cooker BBQ Short Ribs" **

Canadian Beef Entree

Makes: 8 servings
Prep Time: 0-10 Minutes
Difficulty: Easy
Source: Kraft Canada website recipe

=== Ingredients ===

2 Kilogram Beef Short Ribs
1 large Onion, coarsely chopped
1/4 Cup flour
1 Cup barbecue sauce
1/4 Cup honey
1 Tablespoon yellow mustard

=== Directions ===

Place ribs in slow cooker; top with onions, then combined remaining ingredients. Cover with lid.

Cook on LOW for 6 to 8 hours (or on HIGH for 3 to 4 hours).
Remove ribs from slow cooker; cover to keep warm.

Skim excess fat from sauce; return ribs to sauce. Stir gently until evenly coated.

Serve with hot cooked vegetables and mashed potatoes.

Lew's Recipe Book

** "Coffee Rub" **

American Condement

Prep Time: 0-10 Minutes

Difficulty: Intermediate

Source: <http://www.foodnetwork.com/recipes/bobby-flay/>

=== Ingredients ===

1/4 Cup ancho chili powder
1/4 Cup finely ground espresso
2 Tablespoon Spanish paprika
2 Tablespoon dark brown sugar
1 Tablespoon dry mustard
1 Tablespoon kosher salt
1 Tablespoon ground black pepper
1 Tablespoon ground coriander
1 Tablespoon dried oregano
2 Teaspoon ground ginger
2 Teaspoon chili de arbol powder

=== Directions ===

Combine all spices in a bowl.

Lew's Recipe Book

** "Coffee Rubbed Steak" **

American Beef Entree

Prep Time: 0-10 Minutes

Difficulty: Easy

Source: <http://www.foodnetwork.com/recipes/bobby-flay/>

=== Ingredients ===

1/2 Cup Coffee Rub

2 steaks, 2 inches thick, approx 1.5 lbs each

1 Olive oil

1 salt

1 Cup coarsly ground black pepper

=== Directions ===

Preheat oven to 425 degrees F.

Preheat a cast iron pan over high heat.

Brush each side of the steak with oil and then season each side liberally with salt and pepper. Rub 2 tablespoons of the coffee rub onto 1 side of each steak.

Cook the steak, rub side down until golden brown, about 3 to 4 minutes. Flip the steak over, cook for 2 minutes and then transfer to a baking sheet and cook in the oven to medium-rare doneness, about 8 to 10 minutes.

Remove and let rest 5 minutes before slicing.

=== Related Recipes ===

Coffee Rub (required)

Lew's Recipe Book

** "Crepes" **

Canadian Bread/Pastry

Prep Time: 0-10 Minutes

Difficulty: Easy

=== Ingredients ===

1 Cup All-purpose flour

2 Eggs

1/2 Cup Milk

1/2 Cup Water

1/4 Teaspoon Salt

2 Tablespoon Butter, melted

=== Directions ===

In a large mixing bowl, whisk together the flour and the eggs. Gradually add in the milk and water, stirring to combine. Add the salt and butter; beat until smooth.

Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each crepe. Tilt the pan with a circular motion so that the batter coats the surface evenly.

Cook the crepe for about 2 minutes, until the bottom is light brown. Loosen with a spatula, turn and cook the other side. Serve hot.

Lew's Recipe Book

** "Virgins Breasts" **

Italian Dessert

Makes: 8 servings
Prep Time: 60+ Minutes
Difficulty: Intermediate
Source: Gourmet Traveller website

=== Ingredients ===

225 Gram unsalted butter, softened
80 Gram Castor sugar
1 Egg yolk
1 Teaspoon finely grated Lemon Rind
475 Gram plain Flour
8 Cherries, pitted

=== Directions ===

Cream butter and sugar using an electric mixer, then add egg yolk and beat to combine. Stir in Lemon Rind, 1/4 tsp salt, flour and 50 ml water, and knead gently until a soft dough forms. Wrap in plastic wrap and refrigerate for at least 2 hours.

Preheat oven to 180C. Roll out dough to about 3mm thick on a lightly floured work surface, then cut out 8 circles using an 8cm-diameter cutter and 8 circles using a 10cm-diameter cutter. Spoon 1/4 cup custard mixture (see related recipe) into the centre of each 8cm circle to create a mound. Brush edges with water and place the larger pastry circles on top, pressing edges to seal. Place on baking paper-lined oven trays and bake for 15-20 minutes or until golden. Transfer to a wire rack to cool.

Spoon icing sugar glaze (see related recipe) over cooled pastries and place a cherry on top. Biscuits will keep in the refrigerator for up to three days.

=== Related Recipes ===

Virgins Breasts Custard (required)
Virgins Breasts Icing (required)

Lew's Recipe Book

** "Virgins Breasts Custard" **

Italian Dessert

Makes: 8 servings
Prep Time: 0-10 Minutes
Difficulty: Intermediate
Source: Gourmet Traveller website

=== Ingredients ===

1 1/2 Cup Milk
1/4 Cup Sugar
1/4 Cup Cornflour
1/2 Teaspoon Vanilla extract
1 Slice Lemon Rind, grated
1/4 Cup Candied Orange, coarsely chopped
1/2 Teaspoon Cinnamon, ground
2 Cup pure Icing Sugar, sifted

=== Directions ===

In a heavy-based saucepan, whisk together milk, sugar, cornflour, vanilla and lemon rind.

Place over medium heat and, whisking constantly, bring to a boil. Reduce heat and simmer for a minute, then remove from heat and cool.

Stir in candied Orange and Cinnamon, and set aside until required.

=== Related Recipes ===

Virgins Breasts (required)

Lew's Recipe Book

** "Virgins Breasts Icing" **

Italian Dessert

Makes: 8 servings
Prep Time: 0-10 Minutes
Difficulty: Easy
Source: Gourmet Traveller website

=== Ingredients ===

2 Cup Icing Sugar, sifted
1/4 Teaspoon Vanilla extract
2 Tablespoon Water, boiling

=== Directions ===

Whisk together icing sugar, boiling water, and vanilla in a bowl until smooth.

=== Related Recipes ===

Virgins Breasts (required)
Virgins Breasts Custard (required)

Lew's Recipe Book

** "Rockin Dry Rub" **

American Condement

Prep Time: 0-10 Minutes

Difficulty: Easy

Source: Coastal Cuisine Inc

=== Ingredients ===

1/3 Cup Paprika

2 Tablespoon Chilli Powder

1 Tablespoon Dried Oregano

1 Tablespoon Garlic Powder

2 Tablespoon Celery Salt

2 Tablespoon Black Pepper

2 Teaspoon Mustard Seed

=== Directions ===

Blend ingredients together to make a powder.

Apply to ribs, steak or chicken as a dry rub.

Lew's Recipe Book

** "Egg Salad" **

Canadian Condement

Prep Time: 0-10 Minutes

Difficulty: Easy

Source: <http://www.getcracking.ca/tq-eggsalad.html>

=== Ingredients ===

6 hard-cooked eggs, peeled and coarsely chopped

2 Tablespoon regular or light mayonnaise, salad dressing or yogurt

1/4 Cup chopped green onion (optional)

2 Tablespoon Dijon mustard, or to taste

1 Salt and pepper, to taste

=== Directions ===

Combine eggs, mayonnaise, onion, mustard, salt and pepper until well blended.

Use as a filling for sandwiches or a topping for crackers.

Lew's Recipe Book

** "Sweet and Sour Meatloaf (not Marya's recipe)" **

Canadian Beef Entree

Makes: 6 servings
Prep Time: 30-60 Minutes
Difficulty: Intermediate
Source: <http://allrecipes.com/recipe/sweet-and-sour-meatloaf/>

=== Ingredients ===

1 1/2 Pound ground Beef
15 Ounce tomato sauce
1 Cup dry bread crumbs
1 Teaspoon salt
2 Tablespoon brown sugar
1/4 Teaspoon ground black pepper
1/4 Cup vinegar
1/2 Cup white sugar
2 eggs
2 Teaspoon prepared mustard
1 Teaspoon dried minced onion

=== Directions ===

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl, combine the ground beef, bread crumbs, salt, ground black pepper, eggs, onion flakes and 1/2 of the tomato sauce. Mix together well and place into a 5x9 inch loaf pan.

Push the meatloaf down into the pan forming a well for the sauce around all the edges.

Bake at 350 degrees F (175 degrees C) for 40 minutes.

Meanwhile, in a small saucepan over medium heat, combine the remaining tomato sauce, brown sugar, vinegar, white sugar and mustard. Bring to a boil and remove from heat.

After meatloaf has cooked for 40 minutes, remove from oven and pour sauce over the top of the meatloaf.

Return to oven and bake at 350 degrees F (175 degrees C) for 20 more minutes. Let sit 5 minutes before removing from pan.

=== Comments ===

reduce white sugar, increase vinegar

Lew's Recipe Book

** "Coconut Creme Brulee" **

Canadian Dessert

Makes: 4 servings
Prep Time: 30-60 Minutes
Difficulty: Intermediate
Source: theglobeandmail.com

=== Ingredients ===

6 egg yolks
1/4 Cup sugar
200 Millilitre whipping cream
200 Millilitre unsweetened coconut milk
8 Teaspoon sugar
1 toasted, sweetened coconut flakes

=== Directions ===

Preheat oven to 350F.

Add 6 egg yolks and a 1/4 cup sugar to a medium bowl. Whisk until combined and set aside.

In a small pot heat whipping cream and unsweetened coconut milk. Pull off the heat just before it starts to boil.

Gradually add the hot coconut liquid to the egg yolks while whisking steadily (you want to add it slowly enough to prevent the mixture from curdling from the heat).

Pour the finished mixture into four ramekins. Place the ramekins in a casserole dish and fill with boiled water (from the kettle) until halfway up the sides of the ramekins.

Bake for 20-25 minutes or until the custard has set, but still has a slight jiggle. Remove and allow to cool. Store in fridge (at least 3 hours) or until ready to serve.

Serving: Sprinkle each dessert with a layer of sugar (1-2 teaspoons, I like more) and caramelize with a blowtorch or under the broiler. Before serving, add a garnish of toasted, sweetened coconut flakes.