

Yema 2.0 by Jenny Castor

Ingredients:

10 egg yolks ..keep the whites for something healthy later :)
1 - 14 ounce can sweetened condensed milk
zest from 1 lemon (about 1 tablespoon)
1 cup sugar 1/2 cup water
1/2 teaspoon salt
1 teaspoon cayenne pepper
3 cups toasted panko crumbs
powdered sugar for dusting/flaky salt for garnishing

Instructions:

In a medium bowl, combine egg yolks, condensed milk, salt, cayenne and lemon zest. Whisk together until well-blended.

In a non-stick pan over low heat, transfer in egg and milk mixture. Don't get impatient here or you will quickly end up with scrambled eggs. Not that I know...

Cook, whisking regularly, until thick enough to hold its shape and pulls away from the pan. Continuously scrape bottom and sides of pan to prevent burning.

Remove from heat. Transfer to a clean bowl (just makes me feel better) and allow to cool in the refrigerator for about 15 minutes, or until you feel like finishing these unctuous bits of heaven.

Shape into 1-inch balls. I like to dust my hands lightly with powdered sugar first to prevent sticking.

In a heavy-bottomed pan over medium heat, add sugar and water.

Continue to cook until water evaporates and the sugar caramelizes to a medium golden brown. This happens quickly so don't walk away!

When sugar has turned to that golden caramel goodness, remove off heat and quickly drop custard balls one by one. Turn gently to coat. They smell fear so don't panic or you will end up with football shaped Yema.

With a fork (this allows excess caramel to drip off), immediately lift coated Yema and place into a bowl with toasted panko crumbs to coat. Roll in toasted panko until completely coated. Place finished Yema into a single layer onto parchment paper or a non-stick baking sheet. Store tightly covered in refrigerator until ready eat.

Dust with confectioners sugar/flaky salt when ready to serve.