

Crème Brûlée

Yield: serves 6

Ingredients:

1 litre	35% cream
10 ea.	Egg yolks
100 gm	White sugar
1	Whole vanilla bean
6 tsp	Sugar for dusting

Method:

Preheat the oven to 325°F.

Place the cream, vanilla bean and its pulp into a medium saucepan and heat just below boiling over medium heat. Remove from the heat and cover, allow to sit for 10 minutes. Remove vanilla bean.

In a medium bowl, combine sugar and egg yolks with a spoon. Avoid using a whisk as this will incorporate air bubbles into the mixture. Add the cream a little at a time, stirring continually. Strain.

Pour mixture into 6 (7-8 ounce) ramekins. You will notice small air bubbles on the surface of the crème brûlée. Using your torch from a distance, move the flame quickly across the bubbles to pop them.

Place the ramekins into a large cake or roasting pan. Pour enough hot water in the pan to come halfway up the side of the ramekins. Cover with tin foil and bake until the crème brûlée is set, but still trembling in the centre. Approximately 30 – 40 minutes

Remove ramekins from pan and refrigerate for at least 3 hours and up to 3 days. When ready to torch, sprinkle 1 teaspoon of sugar onto surface and heat with torch until crispy. Repeat. Allow crème brûlée to cool for 5 minutes before serving.

Chef's Note:

Other flavour ideas ~ steep ingredients in cream during step 2 and strain before baking

Coffee – add 15 ml of instant coffee or 2 shots of strong espresso

Tea – add 2 bags of desired flavour; Chai, Earl Grey, Green Tea

Lavender – Add 5 ml fresh or dry lavender leaves

Eggnog – Add 2 sticks of cinnamon and 2.5 ml nutmeg