

## Crème Brûlée

### Ingredients

- 500 millilitres double cream (heavy cream, at least 40% fat)
- 1 vanilla pod or 1 teaspoon high-quality vanilla extract
- 5 large egg yolks
- 100 grams caster sugar, plus extra for caramelising
- A pinch of salt

### Preparation time

- Active time: 20 minutes
- Inactive time (baking and chilling): 3 hours 30 minutes

### Utensils needed

- Medium saucepan
- Whisk
- Mixing bowl
- Fine-mesh sieve
- 4-6 shallow, round ramekins (approx. 150ml capacity)
- Deep roasting tin or baking dish
- Kitchen blow torch

### Preparation instructions

1. **Preheat oven and prepare ingredients:** Preheat your oven to 160°C (140°C Fan).
2. **Infuse the cream:** Pour the double cream into a medium saucepan. If using a vanilla pod, split it lengthwise, scrape out the seeds with the back of a knife, and add both the pod and the seeds to the cream. If using vanilla extract, you will add it later.
3. Heat the cream over a medium-low heat until it is steaming and small bubbles appear around the edge. Do not let it boil. Remove from the heat and let the vanilla infuse for 15 minutes.
4. **Prepare the custard base:** In a mixing bowl, whisk the egg yolks, 100 grams of caster sugar, and the pinch of salt together until the mixture is pale and has thickened slightly.
5. **Combine the mixtures:** Slowly pour the warm cream into the egg yolk mixture, whisking continuously to temper the eggs and prevent them from scrambling. If you used a vanilla pod, remove it now. If using vanilla extract, stir it in.

6. **Strain the custard:** Strain the custard through a fine-mesh sieve into a jug to remove any lumps and ensure a silky-smooth texture.
7. **Bake the custards:** Arrange the ramekins in the deep roasting tin. Pour the custard mixture evenly among the ramekins. Carefully pour hot water into the roasting tin until it comes halfway up the sides of the ramekins (this is called a bain-marie or water bath).
8. Bake for 30-40 minutes, or until the custards are just set but still have a slight wobble in the centre.
9. **Chill:** Carefully remove the ramekins from the water bath and let them cool to room temperature. Then, transfer them to the refrigerator and chill for at least <sup>1</sup> 3 hours, or preferably overnight, until completely firm.
10. **Caramelize and serve:** Just before serving, sprinkle an even, thin layer of caster sugar (about 1-2 teaspoons) over the top of each chilled custard. Using a kitchen blow torch, melt the sugar until it forms a crisp, golden-brown caramel crust. Let it sit for a minute to harden before serving immediately.

### Number of servings

- 4-6 servings

### Nutritional information (per serving)

- Calories: Approximately 450-550 kcal
- Fat: 40-50g
- Carbohydrates: 20-25g
- Protein: 6-8g
- Sugar: 20-25g

*(Note: Nutritional information is an estimate and can vary based on the cream's fat content and the amount of sugar used for the topping.)*

### Allergen information

- Contains: **Milk, Eggs.**

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