

Crème Brûlée is a classic French dessert consisting of a rich custard base topped with a contrasting layer of hard caramelized sugar. Here's an easy plant-based version of this fancy dessert.

INGREDIENTS

serves 4

CREAM:

2/3 cup raw cashews
1 1/2 cup plant-based milk
(I use oat milk)
1/2 cup sugar
3/4 Tbsp cornstarch
1 Tbsp vanilla extract

CARAMEL:

1 tsp superfine sugar
(caster sugar) per ramekin

DIRECTIONS

Blend all the ingredients for the cream until smooth.

In a saucepan, cook the mixture over medium high heat, stirring constantly until the sauce thickens.

Pour the cream into 4 ramekins. Flatten the surface of the cream in each ramekin.

Let cool in the refrigerator until ready to eat.

When ready to serve, evenly spread a thin layer of superfine sugar on top of each ramekin.

Using a kitchen torch, carefully caramelize the sugar (this requires some practice!).

Serve immediately.