



1 ▼

Jan 08, 2022

The perfect Crème Brûlée V.1

René Bernard¹¹Charité University Medicine Berlin

1



protocol .



René Bernard

Charité University Medicine Berlin

DISCLAIMER – FOR INFORMATIONAL PURPOSES ONLY; USE AT YOUR OWN RISK

The protocol content here is for informational purposes only and does not constitute legal, medical, clinical, or safety advice, or otherwise; content added to protocols.io is not peer reviewed and may not have undergone a formal approval of any kind. Information presented in this protocol should not substitute for independent professional judgment, advice, diagnosis, or treatment. Any action you take or refrain from taking using or relying upon the information presented here is strictly at your own risk. You agree that neither the Company nor any of the authors, contributors, administrators, or anyone else associated with protocols.io, can be held responsible for your use of the information contained in or linked to this protocol or any of our Sites/Apps and Services.

Crème Brûlée has a short ingredient list and does not require specific skills to make, but to get it right, several steps need to be carefully executed to receive the creme, not a pudding that, that is still grainy or liquid. With a caramel crust that offers a perfectly smooth surface you can break with your spoon like ice when you tap on it. Most Crème Brûlées offer one or the other but to get everything right, requires attention to details in the making.

René Bernard 2022. The perfect Crème Brûlée. **protocols.io**<https://protocols.io/view/the-perfect-cr-me-br-l-e-84nhyve>

custard, pudding, desert

protocol ,

Nov 06, 2019

Jan 08, 2022

29550

500 ml heavy whipping cream
7-9 eggs
150 g white sugar
1 vanilla bean

midsize bowl
midsize pot
100 ml ceramic or glass trays (flat)
butane blow torch
funnel
thin cotton cloth
spoons
whisk
small sharp knife

These instructions require the use of a butane blow torch. Make sure you take all precautions for a fireproof and safe working environment.



:

DISCLAIMER – FOR INFORMATIONAL PURPOSES ONLY; USE AT YOUR OWN RISK

The protocol content here is for informational purposes only and does not constitute legal, medical, clinical, or safety advice, or otherwise; content added to protocols.io is not peer reviewed and may not have undergone a formal approval of any kind. Information presented in this protocol should not substitute for independent professional judgment, advice, diagnosis, or treatment. Any action you take or refrain from taking using or relying upon the information presented here is strictly at your own risk. You agree that neither the Company nor any of the authors, contributors, administrators, or anyone else associated with protocols.io, can be held responsible for your use of the information contained in or linked to this protocol or any of our Sites/Apps and Services.

Preparation of creme

35m

- 1 Take a midsize stainless steel pot and add  **500 mL** of heavy whipping cream and add  **100 g** sugar. 3m
- 2 Take one Bourbon Vanilla bean and with a small and pointy knife cut it open lengthwise. 2m
Remove the sticky vanilla mark with the knife and add it to the cream-sugar-mix. When all mark is removed, add the bean to the mix as well.

- 3 Heat the mix on a stove until it briefly boils then let it cool down until the pot is handwarm.^{30m}

Preparing the eggs 15m

- 4 Take 7 midsize eggs (size M). If you have smaller organic eggs use 9. Open the eggs by cracking the egg shell, carefully separate the egg yolk from the egg white and add the egg yolks into a midsize bowl.
- 5 Add the whipping cream-sugar mix on the egg yolks and mix it all and not too hard with a whisk. Add 1/2 teaspoon of salt to the mix.

pass the yolk-cream mix 20m

- 6 Use a funnel and put in a cotton cloth that can act as a filter. Have another midsize bowl under the funnel for collecting. Now small amount of yolk-cream mix to the funnel. Use a spoon to stir which will speed up the filtration process. The purpose of this step is to remove remaining egg white from the mix.
- 7 Pass the filtered mix into the serving bowls made of ceramic or glass. They must have shallow depth and contain a max volume of 100 ml. Fill them up to 3/4 of the volume.

Heating and cooling

- 8 Preheat your oven to **91 °C**. Use a thermometer to verify. Lower temperatures will unnecessarily lengthen the process, boiling will ruin your product. Place all bowl on tray and insert them carefully in the middle row. After 30 min gently tap on the tray to test whether the mix is still liquid. Remove bowls from the oven when the surface is not liquid anymore.^{45m}
- 9 Important: Let the bowls cool down to **Room temperature** and then put them **uncovered** into the fridge **4-8 °C**. Don't leave them in there for longer than 24 hours. If you plan NOT to serve the Crème right away, cover the bowl after they have been in the fridge for 1 hour with





aluminum foil.

The key is to prevent moisture built-up on the surface of the Crème. When you take the bowl out of the fridge, check for moisture and remove it gently with a paper towel.

Preparing the crust

5m 30s

- 10 Take a pan and add  **50 g** of white sugar and heat it until caramelized. Pour liquid sugar ^{5m} onto a self-made tray of aluminum foil and let it cool down to room temperature.
- 11 Break up the caramelized sugar with a large spoon and transfer the smashed pieces to a ^{30s} blender and blend for  **00:00:30**
- 12 Sprinkle the caramelized sugar on the entire dry surface of the Crème. Thickness should be ^{1m} between 1-2 mm. Then use a small butane-operated blow torch to melt the caramelized sugar. Depending on your taste preference it is okay to burn a few spinkles. Do this step fast and cover every area to obtain a smooth surface layer. Serve immediately.

