

QUICK CREMIE BRULEE

500 ml cream

1 vanilla pod OR 1 tsp vanilla bean paste

5 egg yolks

50 g caster sugar

Caramel Topping

40 g caster sugar

Step 1: If you are using a vanilla bean infuse cream: Simmer uncovered over low heat for 10 minutes. Remove from stove and set aside to infuse for 1 hour with lid on (you can skip this step if using paste or extract, just let it cool to lukewarm). Remove vanilla pod. Skim off any skin that has formed on the surface.

Preparation: Preheat oven to 130°C. Place 4 x empty ramekins in a baking pan with high enough sides that enough water can be poured in to come halfway up ramekins.

Boil water: Boil a kettle of water.

Whisk egg yolks and sugar: Whisk yolks and sugar until just well combined. Don't whisk too much, as this can create bubbles.

Add cream: Pour cream into eggs and gently stir to combine. Divide mixture between ramekins with a soup ladle.

Water bath: Pour in enough boiling water so it comes halfway up the sides of the ramekins. (If you have too much water, ramekins will float around – not good!)

Bake: Bake for 35 – 40 minutes, or until the custard is set but there is still a slight wobble when you GENTLY give the ramekin a little shake.

Chill: Remove ramekins from water. Leave to cool, then refrigerate for at least 6 hours and preferably overnight (up to 3 days is OK).

Blow torch method: Sprinkle 1/2 tsp sugar over the surface of each crème brûlée. Use a blow torch to melt and caramelize the sugar. Serve immediately.

THE COOKERY

by The Secret Jozi Chef