

Recipe: Crème brûlée

This crème brûlée recipe will be a winner with everyone. It is so creamy and rich, with a divine taste that you will be forgiven for thinking it is a taste of heaven on earth! It is absolutely wonderful for entertaining your friends but is also good for a special treat when you need a little pick me up!

Ingredients

(Serves 6)

- ¾ pint double cream
- 6 egg yolks
- 1½ tbsps vanilla sugar or castor sugar
- 2 tbsp almond or orange liqueur
- 50gm light brown sugar
- 1 vanilla pod

Method

You will need 6 ramekin dishes placed in an oven dish or tin. Have these ready.

- Preheat the oven to 180°C (350°F / Gas 4)
- Place the cream into a heavy based saucepan.
- Split the vanilla pod and scrape out the seeds into the cream.
- Bring to boil, stirring continuously.
- Remove from heat and leave to stand for about 15 minutes.
- Whisk the egg yolks with the sugar and liqueur until well blended.
- Gradually, whisk in the cream.
- Pour into the ramekin dishes.
- Pour boiling water into the oven dish so that it comes half way up the ramekin dishes.
- Cover the whole dish with foil and bake for 30 minutes until they are set.
- When set, sprinkle with brown sugar and place under broiler/grill for about 30 seconds or until sugar melts/caramelises.
- Place in refrigerator to chill before serving.

Note

Another method to brûlée or burn them is to use a blowtorch. This is quite simple, you just need a bit of confidence to do it for the first time. Protect the edges of the dishes with foil and aim the flame over the surface for a few seconds until browned.