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by ewfood

Crème Brulee

Ingredients

20fl oz. double cream
3.5oz. castor sugar
8 egg yolks
1 vanilla pod
1oz.. castor sugar for the top
Servings
6
Person
Preparation Time
20
min

Preparation

1. Use a pie dish or 6 smaller dishes and put them in the freeze to cool for about 20 minutes
2. In a saucepan pour the cream and heat
3. Cut the vanilla pod in half and scrape the insides out, add this to the cream. Throw the pods into the cream. Bring this to a near boil stirring constantly
4. In a bowl whisk the egg yolks and the sugar until completely combined
5. Slowly add the cream to the egg mixture, beating it all the while
6. Cook the custard in the saucepan over a medium low heat. Cook it for 10 – 12 minutes until it is of a thick consistency. Once it is thick enough remove it from the stove and take out the halved vanilla pods
7. Pour the custard into the cooled dishes and leave to cool. Return the custard to the fridge
8. Just before serving, generously dust the surface of the brulees with the remaining castor sugar and caramelize using a chef's blow torch

Cooks Note

Preparation time: 20 minutes; Serves 6