

Recipe Title: Crème Brûlée

Chef: Stéphane Saint Louis

Serving Size: 4 Guests

Time To Prep (mm): 15 MIN

Time To Cook (mm): 90 MIN

Special Kitchen Equipment Required:

Oven - Water Bath - Torch

Technique Tip:

You must treat the work with thoughtfulness, authority, and finesse.

Torch the surface of the custard until a thin layer of caramelized sugar forms

Swap Option:

It is best to keep this dessert as original as possible.

Why I Love This Recipe:

Besides being my mom's favorite, I love this classic French dessert because of its rich and creamy texture, decadent flavor, and the satisfying crunch of the caramelized sugar topping.

What makes crème Brûlée truly special is the cracks that satisfyingly break under the pressure of a spoon. This creates a delightful contrast in textures, with the creamy custard and crunchy topping combining for a truly indulgent dessert experience. It is surprisingly easy to make with just a few simple ingredients and some basic kitchen tools and it is a great crowd pleaser.

Ingredients:

1 cup/240 milliliters milk

1 cup/240 milliliters heavy cream

Pinch of salt

1 vanilla bean, split lengthwise.

½ cup/100 grams plus ¼ cup/50 grams sugar

8 egg yolks

Recipe Steps:

1. Preheat the oven to 300 F/130 C.

2. Place ramekins in a large sauté pan or roasting pan and fill the pan so that the water comes three-quarters of the way up the edges of the ramekins. Remove the ramekins and place the pan of water in the oven.

3. Combine the milk, cream, salt, and vanilla bean in a small saucepan and bring to a simmer over medium-high heat. Remove the pan from the heat and let the vanilla bean steep for 15 minutes. With a paring knife, scrape the seeds from the pod into the milk-cream mixture. Combine ½ cup/100 grams of the sugar and the yolks in a medium bowl and whisk vigorously for 30 seconds or so (this will help the sugar begin to dissolve and will also help the egg cook more evenly).

4. Slowly pour the cream mixture into the yolks while whisking continuously.

5. Pour the custard into the ramekins.

6. Cover with a piece of parchment paper followed by foil and put them in the water bath. Cook the custards until just set, about 30 to 40 minutes. Uncover them and allow them to cool.

7. Top each custard with enough of the remaining sugar to coat the entire surface and pour off the excess. With a propane torch, heat sugar until it melts, bubbles, and caramelizes.

8. Garnish with your favorite berries