



Pumpkin Crème Brulee

10'

Hands on

30 minutes'

Hands off

25'

Cook Time

6

Portion(s)

1

Difficulty



Ingredients

- 3 egg yolks
- 70 g granulated sugar
- 120 g [pumpkin puree](#)
- 220 g heavy cream
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground cardamom
- ¼ teaspoon ginger powder
- pinch of salt
- ½ teaspoon grated lemon zest

Διατροφικός πίνακας

Nutrition information per portion

156 Calories (kcal)	9.9 Total Fat (g)	5.3 Saturated Fat (g)	13.0 Total Carbs (g)
8%	14%	27%	5%
13.0 Sugars (g)	3.0 Protein (g)	0.0 Fibre (g)	0.0 Sodium (g)
14%	6%	0%	0%

Method

Photo credit: G. Drakopoulos - Food Styling: T. Webb

This smooth creamy custard with its crunchy caramelized crust will make your mouth water!

- Lightly beat the eggs and sugar together, in a bowl with a hand whisk. Do not over beat because it froths over the crème and ruins the presentation.
- Add the rest of the ingredients and combine.
- Pour the mixture into low ramekins.
- Preheat the oven to 160* C (320* F) Fan.
- Place the ramekins in a deep roasting pan.
- Bring some water to a boil.
- Put the roasting pan in the oven and pour a large amount of water into the pan. Enough to come up to 2/3 of the height of the ramekins.
- Bake for 20-25 minutes, until the crème has thickened.
- Allow to cool on a wire rack. Refrigerate until chilled.
- Sprinkle granulated sugar over the top before serving.
- Melt sugar with a kitchen torch or in the grill, until caramelized.