



Crème brûlée tart

40'

Hands on

60''

Hands off

115'

Cook Time

12-14

Portion(s)

3

Difficulty



Ingredients

For the crust

- 250 g all-purpose flour
- 50 g cocoa powder
- 100 g icing sugar
- 1 pinch salt
- 180 g butter, ice-cold
- 1 medium egg
- 1 tablespoon water, ice-cold
- 1 egg yolk, diluted in 1 tablespoon water

For the crème brûlée

- 100 g milk
- 380 g heavy cream
- 1 teaspoon vanilla extract
- 150 g granulated sugar
- 5 yolks, from medium eggs

To serve

- 20 g granulated sugar

Method

For the crust

- Preheat the oven to 150° C (300° F) set to fan.
- In a **bow**l add the flour, cocoa powder, icing sugar, salt, and the ice-cold butter cut into pieces.
- Crumble all the ingredients with your hands until the flour absorbs the whole butter and your mixture becomes like wet sand. You should wear gloves so that the butter does not melt.
- Add the egg, the water, and mix well until the mixture thickens and there is a nice dough. You can refrigerate it, wrapped in plastic wrap, to rest for 30-60 minutes.
- Place the dough between two pieces of parchment paper and with a rolling pin, roll it out into a very thin sheet.
- Spread it into a tart pan and prick the dough's base with a fork. Make sure that the dough sticks out of your tart pan's sides.
- Spread a piece of plastic wrap and add legumes as pie weights.
- Bake for 30 minutes with the pie weights. Then, remove the pie weights and bake for 20 minutes. Remove from the oven and with a serrated knife, cut the dough that sticks out of the tart pan. Spread with the yolk diluted in water, and bake for 2-3 more minutes.
- Remove and set aside to cool.

For the crème brûlée

- Preheat the oven to 120° C (250° F) set to fan.
- In a **pot** add the milk, heavy cream, vanilla extract, half of the sugar, and transfer over medium heat. Let it come to a boil.
- In a bowl add the remaining sugar, the egg yolks, and mix well with a hand whisk until the sugar melts.
- Add the pot's mixture very slowly into the bowl by mixing constantly. Then, transfer the whole mixture into the pot again.
- Transfer over medium-low heat and mix with a spatula until the mixture slightly thickens.
- Carefully place the mixture on top of the tart crust and bake for 60 minutes.

Διατροφικός πίνακας

Nutrition information per portion

332 Calories (kcal)	20.0 Total Fat (g)	11.0 Saturated Fat (g)	32.0 Total Carbs (g)
17%	29%	55%	12%
19.0 Sugars (g)	5.1 Protein (g)	2.0 Fibre (g)	0.1 Sodium (g)
21%	10%	8%	2%

- Let it cool very well. Sprinkle with the sugar, caramelize it with a kitchen torch, and [serve](#).