



Recipe Category / Sweets / Desserts

# Classic crème brûlée

10'

Hands on

45'

Cook Time

4

Portion(s)

1

Difficulty



## Ingredients

- 250 g heavy cream
- 75 g milk
- 1 vanilla pod
- 100 g granulated sugar
- 3 egg yolk

To serve

- 20 g granulated sugar

## Διατροφικός πίνακας

Nutrition information per portion

390 Calories (kcal)	27.0 Total Fat (g)	16.0 Saturated Fat (g)	33.0 Total Carbs (g)
20%	39%	80%	13%
33.0 Sugars (g)	4.1 Protein (g)	0.5 Fibre (g)	0.04 Sodium (g)
37%	8%	2%	1%

## Method

- Preheat oven to 100\* C (212\* F) Fan.
- In a **pot**, add the heavy cream, milk and half of the sugar.
- Slice the vanilla pod in half, scrape out the seeds and add them to the pot along with the pod.
- Place over low heat and slowly bring the mixture to a boil.
- In the meantime, in a bowl, add the egg yolks and the remaining sugar. Whisk for 2-3 minutes.
- As soon as the mixture comes to a boil, remove from heat and gradually add the egg yolk mixture to the pot, while continuously whisking.
- Transfer pot back over low heat, gently mix with a spatula for 20 seconds and remove from heat.
- Pour mixture into a measuring jug and remove the vanilla pod.
- Divide mixture into 4 **crème brûlée ramekins** and bake for 45 minutes.
- When ready, remove from oven and allow to cool.
- Sprinkle the surface of crème brûlée with 1 teaspoon of granulated sugar and caramelize with a kitchen torch. Serve.

## Tip