

# Crème Brûlée

*Crème brûlée, a classic French dessert, is known for its creamy custard base and a contrasting layer of hard caramel on top.*

## Equipment:

- \*Ramekins (4 to 6, depending on size)
- \*Baking dish or roasting pan
- \*Kitchen torch (for the caramelized sugar topping)



## Ingredients:

- \*Heavy Cream: 2 cups (480 ml)
- \*Vanilla Bean: 1 (or 1 teaspoon vanilla extract)
- \*Egg Yolks: 6 large
- \*Granulated Sugar: 1/2 cup (100 grams) for the custard, plus extra for the caramelized topping
- \*Salt: A pinch

## Instructions:

- 1. Preheat Oven:** Preheat your oven to 325°F (165°C).
- 2. Infuse Cream with Vanilla:** Split the vanilla bean lengthwise and scrape out the seeds. Combine the cream, vanilla seeds, and pod in a saucepan. Heat over medium until it just begins to boil, then remove from heat and let it sit for about 15 minutes to infuse. If using vanilla extract, you can add it directly to the heated cream.
- 3. Whisk Yolks and Sugar:** In a separate bowl, whisk together the egg yolks, 1/2 cup sugar, and a pinch of salt until well mixed and slightly pale.
- 4. Combine Cream and Egg Mixture:** Remove the vanilla pod from the cream. Gradually add the cream to the egg mixture, whisking constantly to prevent the eggs from cooking.
- 5. Strain and Pour:** Strain the mixture through a fine sieve into a large jug or bowl, then pour into your ramekins.
- 6. Bake in a Water Bath:** Place the ramekins in a large baking dish or roasting pan. Fill the pan with boiling water halfway up the sides of the ramekins. Bake for 40-45 minutes until the custards are just set but still a bit wobbly in the center.
- 7. Chill:** Remove the ramekins from the water bath and let them cool to room temperature. Refrigerate for at least 2 hours, or up to 2 days.
- 8. Caramelize the Sugar:** Just before serving, sprinkle the tops of each custard with a thin layer of granulated sugar. Use a kitchen torch to melt the sugar until it forms a hard, caramelized top. If you don't have a torch, you can place the ramekins under a broiler for a couple of minutes to achieve the caramelization.
- 9. Serve:** Let the crème brûlée sit for a few minutes to allow the sugar to harden, and then serve.