



Crème Brûlée

Overview

Difficulty Easy

Servings 4

Preparation Time 20 mins

Cooking Time 40 mins

Ingredients

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- 450ml Whipping Cream
- 100ml Full Fat Milk
- 10g Vanilla Extract/ Essence
- 5 No.s Egg Yolks
- 50g Fine Brown Sugar

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Methods

Step 1.

Preheat the oven to 'Fan Mode' at 160°C.



Step 2.

Pour the cream, milk and vanilla essence into a medium pot, and mix them well with a hand blender. Next, warm the pot in medium heat and remove mixture from the heat before it boils.



Step 3.

Separate the egg yolks from the white, then pour the mixture (from step 2) into the bowl of egg yolks. Stir the mixture with the chopper attachment from the handblender for 1 minute, till it turns pale in colour and abit fluffy - add sugar whilst stirring.



Step 4.

Strain the mixture through a fine sieve into a bowl, and set it aside.



Step 5.

Put the ceramic bowls in an oven tray, then pour water into the tray to about 1.5cm up the side of the bowls.



Step 6.

Pour the hot cream into the bowls, to their brim. Cover the oven tray with foil and poke small holes in the foil to allow air to circulate.



Step 7.

Bake for 30-35 minutes until the mixture is softly set. To check, gently sway the tray and if the Crème Brûlées are ready, they will wobble a bit like a jelly in the middle. Don't let them bake till too firm.



Step 8.

Remove the bowls from the oven tray and set them on a wire rack to cool for a couple of minutes, then put in them in the fridge to cool completely.



Step 9.

When ready to serve, wipe the top edge of the dishes, sprinkle 1½ teaspoons of brown sugar over each bowl, and spread the sugar around with the back of a spoon to completely cover the Brûlées.



Step 10.

Use a blow torch to caramelize the sugar by holding the flame just above the sugar, then keep moving the flame round and round. Serve when the Brûlées become firm.



Guten Appetit



Product Used

Serie 8 - Induction Oven

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