

Easy to Make Creamy Crème Brûlée

How to make the famous Dessert at home

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INGREDIENTS

(makes 6 portions)

- 200ml milk (full fat or low fat)
- 200ml cream (30% fat)
- 1 vanilla pod
- 4 egg yolks (or 5 if using medium or small eggs)
- 50 g sugar + extra for the top coat
- Fruits or berries for decoration (optional)

DIRECTIONS

1. Add the milk, cream and the vanilla pod into a medium pot and heat over medium heat.
2. In the meantime mix the eggs with the sugar in a medium bowl just until combined.
3. Pour the hot milk into the eggs slowly while mixing continuously. Then pour the mix into a jug for easy pouring into the baking tins. If there is any foam on top of your cream, remove it with a spoon.
4. For this recipe you will need six ramekins for crème brûlée. I prefer using ceramic ramekins as they make a creamier crème brûlée.
5. Divide the cream into the six crème brûlée ramekins. Then place them into a baking tray with high walls.
6. Heat the oven to 170°C bottom top heat.
7. Boil some hot water. Place the baking tray with the crème brûlées into the oven and pour some hot water into the tray so that the ramekins are up to half in hot water. Do this very carefully so that you don't get any water into the desserts and also so that you don't burn yourself.
8. Bake the crème brûlées for 30 minutes.
9. Cool the crème brûlée desserts to room temperature and then cool them further in the fridge for at least one hour.
10. Cover the top of the crème brûlée with a layer of sugar, about one teaspoon each and then melt the sugar using a kitchen torch. You want the sugar to caramelize and turn light brown, but be careful not to burn it.
11. Decorate with fruit.