

Crème Brûlée with Biscuits



Recipe By Munch Master

Ref: 634

Heading: Puddings

Cuisine: British & Irish

Food Type: Vegetarian

No of Portions: 4

Ingredients & Prep

850 ml Double cream

100 g Golden caster sugar

9 Egg yolks only

1 Vanilla pod cut length ways

Biscuits

350 g Self-raising flour

225 g Butter unsalted soft

100 g Caster sugar

1 Vanilla pod cut length ways

1 pinch Salt

Garnish

sprinkle Golden caster sugar

Method

Step 1 - Pre-heat oven to 110°C fan.

Step 2 - First make the Brûlée mixture, in a bowl beat the yolks & the sugar in a bowl either with a whisk or a electric hand mixer, put to one side.

Step 3 - Place the cream in a saucepan, scrape out vanilla seeds from the pod with a knife & add to the cream, cut the empty pod into 3cm pieces & add to the cream, bring cream to a simmer on a med heat.

Step 4 - Take off the heat & slowly pour into the egg mixture whisking all the time until its all in.

Step 5 - Pour custard mixture back into the saucepan, place on a low heat & bring temperature up to 70°C using a thermometer stirring constantly or when mixture coats the back of the spoon, take off the heat, keep stirring for 1 min.

Step 6 - Sieve custard into a jug to remove pod bits.

Step 7 - Pour custard mixture into serving bowls/dishes or ramekins, then place them into a baking pan/tray filled with hot tap water halfway up the side of the serving bowls/dishes, then place in the oven & bake for about 1 hour or until there is a slight wobble when shaken, when done remove tray from the oven & allow to cool still in the water, then place in the fridge to go cold.

Step 8 - Make the biscuits, by creaming the butter & sugar together with an electric hand mixer or beat well with a wooden spoon, remove the seeds from the vanilla pod & add in with the flour & salt, mix in to form a thick paste, then roll out with a rolling pin on a floured worktop to 1 cm thick, cut into triangles or other shape you wish.

Step 9 - Place biscuits on a baking sheet on either a silicon mat or greaseproof paper & bake for 12 mins at 180°C fan, remove to cool then place on a serving plate.

Step 10 - Just before eating sprinkle a layer of caster sugar over the surface of the brulees & either place close under a very hot grill keeping your eye on them until the sugar starts to bubble & caramelise or use a cooks blow torch (best) to caramelise the sugar, serve just warm with the biscuits.

Suggestion & Tips

Nice with some red currants or other fruit of choice & a sprig of fresh mint