



The **ingles** T a b l e

with Martin Mongiello
CLASSIC FRENCH CRÈME BRÛLÉE

Shopping List

- 2 Cups Heavy cream
- 6 Egg yolks
- 1/2 Cup Granulated sugar
- 1 Teaspoon (or to taste) Vanilla extract
- Pinch Salt
- 1 Teaspoon Sugar (for crust)
- Fresh berries

Cooking Instructions

1. Place heavy cream in heavy bottomed pan and heat to the almost boiling, or scalding point (smoking).
2. Mix gently egg yolks and sugar (1/2 cup) until they are combined.
3. Slowly pour in a bit of the hot cream to create a liaison and temper the eggs.
4. Add the remaining cream slowly stirring.
5. Add your vanilla and the pinch of salt and then strain in a fine mesh sieve. Pour the custard into four ramekins and be sure to fill them up all the way!
6. Place ramekins in a shallow pan with a towel on the bottom and add hot water to reach halfway up the sides. Bake at 350 degrees for about 30 minutes or until the custards are set strong.
7. Remove from the water and towel bath and let them cool slightly to the temperature in the room and then refrigerate until cold and chilled.
8. For the presentation, sift or sprinkle just enough of the sugar (for crust) on top of the custard to cover. Caramelize the sugar using a torch or placing under the broiler. Serve plain or garnish with berries, a swizzle of fruit syrup and sprig of mint.

