

FML

Food's my life!

Crème Brulee

600ml thickened cream

1 vanilla bean split, seeds scraped

6 egg yolks

¼ cup caster sugar

Demerara sugar to top the puddings

1. Preheat oven to 120 degrees Celsius
2. Over a medium heat, place the cream, vanilla seeds and pod in a saucepan and bring to scalding point – then remove from heat
3. In a mixing bowl, whisk together sugar and egg yolks for 2 – 3 minutes until the mixture becomes pale, thick and creamy
4. Continue whisking the egg mixture while *slowly* pouring in the hot cream mixture
5. Strain the crème brulee mixture into a large jug then carefully fill 8x ½ cup capacity ramekin bowls/dishes
6. Line a deep roasting pan with a tea towel and place the ramekin dishes on top
7. Boil a kettle of water and pour the boiling water into the roasting pan until the water reaches half way up the sides of the ramekin bowls
8. Bake the puddings for at least 40 minutes or until the custard has just set
9. Remove ramekins from the water bath and set aside to cool
10. At this point, the creme brulee puddings can be refrigerated until you are ready to serve (these keep well for several days)
11. Before serving, top each crème brulee with a generous sprinkling of demerara sugar and use a kitchen blow-torch to burn the sugar until it reaches a deep golden colour – now you are ready to crack the toffee top with a spoon and enjoy!