

Crème brulee

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Crème brulee

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Crème brulee



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Satisfy your sweet tooth with this crème brulee recipe.

Ingredients (serves 6)

- 600ml low-fat thickened cream
- 1 vanilla bean, split, seeds scraped
- 125g caster sugar
- 7 egg yolks
- Grated zest and juice of 1 lemon

Method

Preheat oven to 170°C. Place cream and vanilla seeds in a saucepan and over medium heat bring to a boil. Simmer over low heat for 2 minutes. Remove from heat and cool.

Whisk $\frac{1}{2}$ the sugar and yolks until pale. Add lemon zest and juice and whisk into cream mixture. Strain to remove solids and pour into $\frac{1}{2}$ cup ramekins. Place ramekins into a roasting pan and pour boiling water into the pan until it's halfway up the sides of the ramekins.

Cover loosely with foil and bake in oven until just set with a slight wobble (about 30 minutes). Remove from pan and cool. Refrigerate for a couple of hours. Before serving, sprinkle remaining sugar on top and caramelize using a kitchen blow torch.

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