

ORANGE AND CINNAMON CRÈME BRULEE

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Categories: Desserts, World Recipes

Custard, Dessert

Occasions: Desserts



INGREDIENTS

- 6 egg yolks
- 1 cup of cream
- 1 ½ cups low fat milk
- ½ an orange, rind removed with peeler
- ½ a lemon, rind removed with peeler
- 1 cinnamon quill
- 1 vanilla bean split in half and seeds scraped out
- 1/3 cup caster sugar, plus caster sugar for dusting

METHOD

Combine the milk, cream, orange and lemon rind, cinnamon and vanilla bean seeds in a medium sized saucepan and bring to the boil. Turn off the heat and set aside.

In a separate bowl, whisk egg yolks and sugar until thick and pale. Pour the slightly cooled milk mix into the egg mix and combine well with a whisk.

Return mix back into the saucepan, heat and stir with a wooden spoon until thick and mixture coats the back of a wooden spoon - do not over heat or boil as this will curdle the egg.

Strain the mixture through a fine sieve into a clean jug. Pour mixture into ramekins and refrigerate for 3 hours or until set.

Sprinkle evenly with sugar and caramelize with a blowtorch or place under a hot grill.