

CRÈME BRÛLÉE

Mpls
St Paul

INGREDIENTS

1 qt heavy cream

1 each vanilla bean

9 each egg yolks

½ C granulated sugar

½ C raw sugar

Preheat the oven to 190 degrees. Pour the heavy cream into a medium-size pot, and split the vanilla bean pod in half lengthwise, scraping the seeds out with the tip of a knife and then adding the seeds and pod to the cream. Bring the cream just to a boil, and turn off the heat to let the cream steep for 10 minutes. Remove the pieces of vanilla bean pod from the pot.

In the bowl of an electric mixer, combine the egg yolks and granulated sugar, whipping them on high speed using a whisk attachment until the mixture is as thick as a mousse. Turn the mixer speed to low, add the warm cream mixture slowly, and mix the ingredients until they are combined thoroughly. Pour 8 ounces of the mixture into each of 6 large (about 12 oz.) ovenproof soup bowls. Set the bowls on a sheet pan, and put them in the oven. Invert a second sheet pan, and place it on top of the bowls to form a lid.

Bake the crème brûlée for 45 minutes. Remove the sheet pan cover, reduce the oven temperature to 150 degrees, and bake them for another 15 minutes. Then turn off the heat, and leave the bowls in the oven for another 15 minutes. The brûlée should appear firm but should still jiggle like jello when the bowls are tapped on the side. Remove the bowls from the oven, and allow the crème brûlée to cool to room temperature. Then cover each one with plastic wrap, and place them in the refrigerator to cool completely, for at least 1 hour.

When you are ready to serve the crème brûlée, coat the top of each with raw sugar. Use a brûlée torch to melt the sugar, moving the flame constantly until the sugar is caramelized thoroughly.

Serve the bowls of crème brûlée with a little something extra, if you like, such as fresh berries. Or serve the brûlée completely on its own, and enjoy the simple elegance of the texture and flavor of the smooth custard and crisp caramelized sugar.

SERVES

6

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THE COOKBOOK