

MIT OpenCourseWare
<http://ocw.mit.edu>

SP.287 / 5.S15 / ESG.SP287 Kitchen Chemistry
Spring 2009

For information about citing these materials or our Terms of Use, visit: <http://ocw.mit.edu/terms>.

Crème Brûlée

Adapted from Epicurious Food (food.epicurious.com)

Ingredients:

For Custard:

- 2 cups whipping cream
- $\frac{1}{2}$ cup sugar
- 1 vanilla bean, split lengthwise
- 5 large egg yolks

For Crème Brûlée

- 12 teaspoons sugar

Method:

Making custard

- Preheat oven to 325 °F. Place three 4 inch diameter fluted flan dishes (or pyrex custard cups. These containers hold about $\frac{1}{2}$ cup of liquid) into two 13 x 9 x 2 inch pans or six $\frac{3}{4}$ cup ramekins in 1 pan.
- Mix cream and sugar in heavy medium saucepan.
- Using small sharp knife, scrape seeds from vanilla bean. Add seeds and bean to saucepan.
- Stir over medium heat until sugar dissolves and mixture comes to simmer.
- Cover pan, reduce heat to very low and simmer gently 10 minutes to infuse flavors
- Strain into large measuring cup
- Whisk yolks in medium bowl until well blended. Gradually whisk in hot cream mixture just to blend.
- Return custard to measuring cup
- Divide among dishes
- Pour enough hot water into pans to come halfway up sides of dishes
- Carefully transfer pans to oven
- Bake custards until almost set in center when pans are gently shaken, about 30 minutes for fluted flan dishes and 35 minutes for ramekins.
- Using metal spatula, transfer custards in dishes to work surface
- Let cool 30 minutes
- Chill at least 3 hours and up to 2 days

Making Crème Brûlée

- Sprinkle 2 teaspoons sugar evenly over each custard.
- Working with 1 custard at a time, hold blowtorch so that flame is 2 inches above surface.
- Direct flame so that sugar melts and browns, about 2 minutes
- Refrigerate until custards are firm again but topping is still brittle, at least 2 hours, but no longer than 4 hours so that topping does not soften
- You can garnish crème brûlée with fruit