



Salut!

Recipe of the Month – July 2015

Crème Catalan

INGREDIENTS

- 4 cups of standard milk
- 1 vanilla bean, split lengthwise
- 1 long strip of lemon zest
- 1/2 cup egg yolks (7 to 8 yolks, depending on size of eggs)
- 1/4 cup plus 3 tablespoons granulated sugar
- 2 tablespoons Maizena cornstarch
- 6 tablespoons fine brown sugar

DIRECTIONS

1. Pour the milk into a heavy-based saucepan and place it over a low heat. Scrape the seeds from the vanilla bean into the milk and throw in the pod as well. Add the lemon zest, raise the heat to medium-low and cook until bubbles appear around the edge of the pan. Remove from the heat and let the flavourings steep in the milk for about 20 minutes.
2. Preheat the oven to 210°F (100°C).
3. Reheat the milk over a medium heat until hot but not boiling. Scoop out and discard the vanilla pod and the lemon zest. In a mixing bowl, combine the egg yolks, granulated sugar and cornstarch. Beat until smooth, creamy and pale in colour - 2 to 3 minutes should do it. Gradually whisk in about 1 cup of the hot milk. Scrape the egg yolk mixture into the remaining hot milk in the saucepan and cook over low heat, stirring, until the custard is creamy and thick enough to coat the back of a spoon. Whatever you do, don't let the mixture to boil.
4. Put some small earthenware, ovenproof dishes on a baking tray. Ladle the custard into them, dividing it evenly. Bake for 1 to 1¼ hours or until the custard is set around the edges but still slightly jiggly in the centre. Let cool to room temperature. Cover each dish with plastic wrap and refrigerate for up to 2 days.
5. About 20 minutes before serving, remove the dishes from the refrigerator and discard the plastic wrap. Use a paper towel to gently blot any surface moisture from the top of each. Sprinkle 1 table-spoon fine brown sugar evenly over each custard. Caramelize the sugar on the surface under a very hot grill. Serve at once. Bon appétit!

