

Creme Catalan with pineapple ragout

Cuisine: **Spanish**
Food category: **Desserts**







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Program steps


Preheating: 110 °C


1


 Steaming

 Termination by time

 00:30 hh:mm

 110 °C

 100 %



Ingredients - number of portions - 4		
Name	Value	Unit
milk 3.5%	100	ml
whipped cream 33%	300	ml
fine sugar	45	g
cinnamon stick	1	pcs
egg yolk	4	pcs
lemon	0.5	pcs
orange	0.5	pcs
pineapple	200	g
sugar	50	g

Nutrition and allergens	
Allergens: 3, 7 Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn Vitamins: A, B, C, Cholin, D, E, K, Kyselina listová	
Nutritional value of one portion	Value
Energy	123.8 kJ
Carbohydrate	30.3 g
Fat	0.1 g
Protein	0.2 g
Water	0 g

Directions

Creme Catalan is a dessert cream covered with a solid caramel layer. The origin of this dessert lies in Catalonia and goes back to the Middle Ages, where this dish first appeared in cookbooks.

Heat the milk, cream, fine sugar, cinnamon and zest in a saucepan, stirring constantly.

Place egg yolks in a bowl and beat. Stir the milk mixture through a sieve into the egg yolks and heat over a water bath, stirring constantly, until the mixture becomes creamy.

Pour the mixture into heat-resistant bowls about 2-3 cm deep and poach in the combi steamer at 110°C in steam mode at full fan speed for about 30 minutes.

After 3 hours of cooling, the Creme Catalan can be sprinkled with sugar and caramelized with a blow torch.

Cut the pineapple into 1cm thick cubes. Puree half of it with a hand blender.

Put the cubes and the puree together with the sugar in a pot and let it boil down for about 5 minutes, stirring constantly.