

# Crème Brûlée

Cuisine: **French**

Food category: **Desserts**

Author: **Pavel Gaubmann**

Company: **Retigo**



## Program steps

1	Hot air	100 %	Termination by time	01:10 hh:mm	90 °C	+ 40 %	
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## Ingredients - number of portions - 6

Name	Value	Unit
egg yolk	240	g
vanilla bean	1	pcs
milk 3.5%	150	ml
whipped cream 33%	900	ml
caster sugar	200	g
cane sugar	30	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	296.7 kJ
Carbohydrate	38.7 g
Fat	12.4 g
Protein	6.8 g
Water	0 g

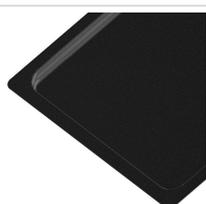
## Directions

We mix egg yolks with sugar and cold cream. We split the vanilla pod lengthwise and scrape out the seeds, which we add to the milk and bring to a boil. Then we mix everything together and stir gently. We pour into ceramic dishes. We bake at 90°C without steam for about 1h. Once the Crème Brûlées are ready, we let them cool down.

When serving, we sprinkle with brown sugar, flambé until the sugar caramelizes.

We serve with citrus tartare and buttery cookies.

## Recommended accessories



Vision Bake