

Orange and Cinnamon Crème Brulee



Preparation time: 15 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Desserts, Vegetarian



Ingredients

- 6 egg yolks
- 1 cup of cream
- 1 ½ cups low fat milk
- ½ an orange, rind removed with peeler
- ½ a lemon, rind removed with peeler
- 1 cinnamon quill
- 1 vanilla bean split in half and seeds scraped out
- 1/3 cup caster sugar, plus caster sugar for dusting

Method

1. Combine the milk, cream, orange and lemon rind, cinnamon and vanilla bean seeds in a medium sized saucepan and bring to the boil. Turn

off the heat and set aside.

- 2. In a separate bowl, whisk egg yolks and sugar until thick and pale. Pour the slightly cooled milk mix into the egg mix and combine well with a whisk.
- 3. Return mix back into the saucepan, heat and stir with a wooden spoon until thick and mixture coats the back of a wooden spoon – do not over heat or boil as this will curdle the egg.
- 4. Strain the mixture through a fine sieve into a clean jug. Pour mixture into ramekins and refrigerate for 3 hours or until set.
- 5. Sprinkle evenly with sugar and caramelize with a blowtorch or place under a hot grill to form caramelised crust to serve.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
219g	1720kJ 411kcal	8.5g	30g	17.3g	25.4g	25.3g	71mg	0.9g

All nutrition values are per serve.