

Ginger Crème Brûlée

Author: Hugh Carpenter's 'Pacific Flavors'



Carolyn T's

Main Cookbook

Servings: 5

Notes: I have added a little more ginger than called for in the original recipe. This dessert is so simple and everybody loves it. .

Preparation Time: 15 minutes

Start to Finish Time: 4 hours

1. Preheat oven to 350°. In a 2-quart mixing bowl beat yolks with 3-1/2 T of sugar until mixture turns a pale yellow and the sugar is completely absorbed. Use a stand mixer for this if you prefer. Add cream and vanilla and beat well.

2. Place a few slices of the paper-thin sliced crystallized ginger in the bottom of 4 ramekins (or custard cups). Place a large dot of jam in the center of each. Carefully ladle cream mixture into the cups. Place cups into a baking dish which is just large enough to hold them. Add enough warm water to the baking dish to come halfway up the sides of the cups. Bake for 50 minutes. The top of the custard will become golden brown. Remove from oven and cool slightly. Keep in the refrigerator until ready to serve, at least 3 hours or up to overnight.

3. Place 1 T of granulated sugar on the top of each custard and spread to cover. Using a propane torch and a fireproof cooking mitt on your hand, hold tray of custard cups at an angle and caramelize the sugar - about 10-15 seconds. Place on small plate and serve immediately.

4. If you don't have a propane torch, place cups in baking dish and surround with ice, then broil 2 inches from element, until sugar has browned and is bubbling, about 30 seconds.

4 large egg yolks

5 1/2 tablespoons sugar

2 cups heavy whipping cream

1 1/4 teaspoons vanilla extract

4 tablespoons crystallized ginger, thinly sliced or minced

2 tablespoons raspberry jam, or ginger preserves

Categories: Desserts

Blog: Carolyn T's Blog:

<http://tastingspoons.com>

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Per Serving (excluding unknown items): 480 Calories; 39g Fat (72.4% calories from fat); 4g Protein; 29g Carbohydrate; trace Dietary Fiber; 301mg Cholesterol; 50mg Sodium. Exchanges: 0 Lean Meat; 1/2 Non-Fat Milk; 7 1/2 Fat; 2 Other Carbohydrates.