

Creme Brûlée

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I wanted to choose a dessert that meant a lot to me, and Creme Brûlée is one of my favourites. I started looking through cook books to find a recipe. Heston Blumenthal is crazy different from everyone else, he makes dishes that no one would ever think of making, like bacon and egg ice cream. I was happy to find a recipe for Creme Brûlée in one of his books.



My dad was helping me, and he made me read the whole recipe twice, to be sure I understood it. After washing our hands, we began to measure out our ingredients. Actually, the ingredients are really simple and only a few. 6 egg yolks, 400ml heavy cream, 100ml milk, 30g golden syrup, and caster sugar for the crunchy top.

First we simmered the cream, golden syrup and milk over medium heat. Then we preheated the oven to 140 degrees. And we separated the egg yolks and whisked them with a little bit of caster sugar (this is called "creaming the egg yolks"). We slowly added the warm cream to the eggs, whisking all the time. That's it.

I poured the mixture into low brûlée dishes. It was supposed to make 6 but I only managed 5. To cook them, we filled a baking tray with boiling water, around $\frac{2}{3}$ of the way up the sides of the creme brûlés. After covering them with foil, they went into the oven, carefully, and let them steam for 25 minutes.

When they came out, they still had a good wobble and were set. We cooled them and put them in the refrigerator to set for a few hours. I was excited to eat them for desert and I was proud of myself for doing them.

After dinner we did the most fun step, blow-torching the tops with caster sugar. I was scared at first, but I found it was easier than it looked. The idea is to melt the sugar and get it browned without burning it. If you do it right it turns into a glass like shell that cracks open when you eat it.



