

Maple Crème Brûlée

Snowed Inn | December 2007/January 2008



This dessert can also be made in 4-inch ceramic tart pans. Since they are quite shallow, start checking after 25 minutes for doneness.

PREP: 20 MINUTES CHILL: 1 HOUR BAKE: 50 MINUTES COOL: 1 HOUR OVEN: 325°

- 4 CUPS WHIPPING CREAM
- 2 CUPS MAPLE SYRUP
- 14 EGG YOLKS
- MAPLE SUGAR (ABOUT 2 TBSP.)*

In a heavy large saucepan, combine whipping cream and maple syrup. Cook and stir over medium-low heat just until bubbly. Remove from heat.

In a large bowl beat egg yolks with a whisk until combined. Slowly whisk cream mixture into egg mixture. Strain mixture through a fine-mesh sieve.

Place twelve 6-ounce custard cups or ramekins in a large roasting pan. Divide custard mixture evenly among the dishes. Place roasting pan on oven rack. Pour enough boiling water into the roasting pan to reach halfway up the sides of the dishes.

Bake in a 325° oven for 50 to 55 minutes or until mixture appears nearly set when dishes are gently shaken (consistency should be creamy). Remove dishes from water; cool on a wire rack. Cover and chill for at least 1 hour or for up to 24 hours.

Before serving, remove custards from refrigerator; let stand at room temperature for 20 minutes. Sprinkle each with maple sugar and caramelize with a culinary blowtorch**. Serve custards immediately. Makes 12 servings.

*NOTE: Look for maple sugar at specialty stores or at amazon.com/gourmet.

**TIP: If you do not have a culinary blowtorch, remove custards from refrigerator. Sprinkle each with maple sugar and broil 1 inch from heat just until sugar bubbles and browns, about 1 minute (make sure to use broiler-safe ramekins for this option). If necessary, use an inverted metal baking pan to set dishes on so tops of custards are 1 inch from heat. Serve immediately.

Per serving: 485 cal., 35 fat (20 g sat. fat), 355 mg chol., 45 mg sodium, 40 g carbo., 0 g fiber, 5 g pro.