

# Catalan cream infused with citrus fruits and sweet spice

## Recipe for 4

### Description

A cream that looks like a crème brûlée at first glimpse... to be continued !

### Note

Catalane cream is cooked on the stove and a crème brûlée is cooked in the oven.

The reason we add the sugar after boiling the milk is to not concentrate the sugar too much, so that our final product is not too too sweet.

### Ingredients

#### Catalane Cream

- 500 Ml Milk
- 2 Unit(s) Star anise
- 1 Pinch(es) Cinnamon powder
- 0.50 Unit(s) Orange zest(s)
- 1 Unit(s) Lemon zests
- 1 Tbsp Vanilla extract
- 100 Gr Sugar
- 4 Unit(s) Egg yolk
- 1 Tbsp Cornstarch

#### Finishing touches

- 1 Tbsp Sugar
- 1 Tbsp Brown sugar

### Preparation

- Preparation time **30.00 mins**
- Resting time **40.00 mins**

#### To prepare before class

Zest the lemons and oranges, keep in the fridge.

Make sure all of your ingredients are weighed. Choose some nice small ramequins for serving the cream.

Mix the sugar and brown sugar.

1 pot, 1 whisk, 3 bowl, 1 zester, 1 sift, 4 ramequins and 1 blowtorch if you have, if not, your oven on broil is fine.

#### Prep with the chef

Clarify the eggs. (separate yolk from white)

Poor the milk in a pot, add the spices and the citrus zests, put on medium heat. Once the milk is boiling, remove from heat and add the sugar, whisk in. The sugar needs to be completely dissolved.

In a bowl, whisk the yolks and the corn starch, once nice and smooth, add in the hot milk through a

sift, Whisk again.

Put the mixture back in the pot on medium heat, keep whisking until the mixture thickens, once it starts bubbling, Remove from heat.

Pour in your ramequins, place in fridge.

### Finishing touches

ONce the cream is much colder, place on them a thin layer of your sugar/brown sugar mixture, caramelize evenly with a blow torch or with your oven on Broil.

Enjoy.

**Bon appétit!**