

Crema Catalana, lemon zest, cinnamon, caramelized with brown sugar

Recipe for 4

Description

All the way from beautiful Spain, this dessert is a perfect sweet touch for your guests.

Note

Rinse the pot or pour a tablespoon of sugar in the pot before you bring it to a boil, so the milk doesn't stick to the bottom.

Mix some of the sugar with the corn starch to prevent from lumps.

Ingredients

Catalan pudding

- 500 ml Milk
- 4 Unit(s) Egg yolk
- 120 Gr Sugar
- 25 Gr Cornstarch
- 1 Stick(s) Cinnamon
- 1 Unit(s) Lemon zests
- 1 Unit(s) Lime zest(s)

Preparation

- Preparation time **30.00 mins**
- Resting time **0.00 mins**

Catalan pudding

In a pan, bring half the milk to a low simmer.

Remove from the heat and add the cinnamon and the lemon and lime zest. Leave to infuse for 15 minutes.

Sieve and add the remaining milk for a total of 500g.

In a bowl, vigorously beat the egg yolks with the sugar and the corn starch.

Slowly pour in the milk in the egg yolk mix while whisking. Pour back in the pan and place on the heat.

Bring to a boil while vigorously whisking until the custard thickens.

Pour it all in ramekins of your choice.

Allow to cool before placing in the fridge overnight putting cling film on the surface of the pudding.

Just before serving, sprinkle some brown sugar and caramelize the surface using a blowtorch or place under the broil.

Bon appétit!