



## Cream Brulee

📅 28 Sep 2020 ⌚ 30 Min

### Details

Cream Brulee is tasty, creamy, jelly-like, and is a easy to make at home. This brulee is packed with Protein.

### Ingredients



2 Tbsp(13.0 gm) Sugar



1/2 Cup(64.0 gm) Cream



1/3 Tsp(0.4 gm) Vanilla Extract



1.5 Number(24.0 gm) Egg Yolk

### Method (Step-By-Step)

- In a mixing bowl add 1 egg yolk, 1 tbsp sugar then whisk together until the sugar has dissolved and the mixture is thick, pale yellow in color.
- Add 1/4 cup fresh cream, 1/8 tsp vanilla extract, mix and strain it with a strainer.
- Divide mixture into cups and place cups over hot water.
- Bake at 180 degrees Celsius for 30-40 minutes.
- Remove from the oven and chill for 2 hours.
- When ready to serve, sprinkle 1 tbsp sugar over each Brulee.
- Caramelized it with fire gun or caramelized in a pan and pour on top of the Brulee.