

Crème Brûlée

For 4 persons

5 egg yolks
100g caster sugar
50ml double cream
1 vanilla pod (or teaspoon vanilla essence)

Preparation: for 4 portions in individual ramekins

Beat the egg yolks in bowl with caster sugar just until the mixture turns white and mousy.

Cut the vanilla pod in two and scrape out the inside with a knife.

Mix in the little grains directly into the bowl.

Gently add in the double cream and beat energetically with a whisk.

Pour mixture into four ramekins, pop in a few blueberries first into each.

Place the individual ramekins into a baking dish; fill baking dish with water till water is halfway up the ramekin's sides.

Bake in oven 100c for an hour.

Cool to room temperature then place in refrigerator for 2 hours until the cream is well set.

There are several ways to caramelize:

1 generously sprinkle brown sugar on top of the Cream mixture and use a blow torch to caramelize

2 sprinkle generously with brown sugar and place under grill

3 use a sugar and water mixture, boil up and gently spoon over crème brûlée and leave to harden in the fridge.