



Bitter Orange Crème Brûlée

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



570 kcal

SIDE DISH

Ingredients

- 1 Sprigs mint-filled chocolate squares fresh for garnish
- 12 large egg yolk
- 3 large eggs separated
- 2 cups double cream (whipping)
- 3 tbsp powdered sugar
- 6 servings orange zest grated
- 0.5 cup flour
- 0.5 cup sugar

- 0.5 tsp vanilla extract
- 1 cup milk whole

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- sauce pan
- ladle
- baking paper
- oven
- whisk
- wire rack
- pot
- sieve
- plastic wrap
- ramekin
- hand mixer
- roasting pan
- blow torch
- grill
- broiler
- spatula
- sifter

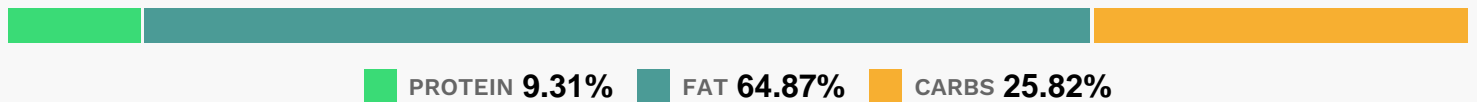
Directions

- Preheat the oven to 350°F/180°C/gas
- Line a baking sheet/tray with parchment/baking paper.

- In a large bowl, using an electric mixer, beat the egg yolks with the 1/2 cup sugar until the mixture turns pale yellow, about 1 minute.
- Add the vanilla and beat until the batter gets very thick, about 1 to 2 minutes longer. Using a rubber spatula, add the flour and mix slow and gently into the yolk mixture, just until it's barely incorporated. (It is important not to overmix; some of the flour should still be visible along the edges and in the center of the bowl.)
- In a clean bowl, using the electric mixer and clean beaters, beat the egg whites with the 2 tbsp sugar until soft peaks form. Using the rubber spatula, gently fold the egg white mixture into the batter. Do not stir vigorously.
- Using a ladle, in small batches if necessary, carefully scoop the batter into a pastry/piping bag with a size 4 tip. Pipe thin lines of batter about 3 in/7.5 cm long and 1/4 in/6 mm thick onto the prepared baking sheet/tray, spacing them about 1 in/25 mm apart. Use a sifter or fine-mesh sieve to dust the cookies with the confectioners'/icing sugar.
- Bake until golden, 10 to 12 minutes.
- Remove the tray from the oven and let the cookies cool on the pan for about 1 minute to allow them to firm up a bit. Using a spatula, carefully transfer to a wire rack to cool completely. Repeat to use the remaining batter. You should have 25 to 30 cookies.
- Preheat the oven to 300°F/150°C/gas
- In a medium saucepan, combine the cream, milk, and orange zest and heat until steam begins to rise. Do not let boil.
- Remove from the heat and nestle the pot in an ice bath.
- Let stand, stirring occasionally, until the cream mixture cools to room temperature, 5 to 10 minutes.
- While the cream mixture is cooling, in a large bowl, combine the egg yolks and the 1/2 cup/100 g sugar.
- Whisk until the sugar is dissolved and thoroughly blended with the yolks. Gently whisk in the cream mixture.
- Pour the custard through a fine-mesh sieve set over a large glass measuring pitcher or bowl with a pouring lip to strain out any solids. Divide the custard evenly among six 4-oz/120-ml ramekins.
- Place in a roasting pan/tray and add water to come 1 in/2.5 cm up the sides of the ramekins.
- Bake until the custards are firm, 35 to 40 minutes.

- Remove from the oven and let cool in the water bath to room temperature. Cover with plastic wrap and refrigerate until well chilled, at least 2 hours and up to 2 days.
- To serve, remove the plastic wrap/cling film and gently lay a paper towel/absorbent paper on top of each custard. Gently press down on the towel to remove any moisture buildup, being careful not to dent the custard.
- Sprinkle 1 tbsp sugar evenly over each custard. Using a blowtorch, pass the flame above the sugar until it melts and turns golden brown. (Alternatively, preheat the broiler/grill and slip the custards under the broiler 4 to 6 in/10 to 15 cm from the heat source to melt the sugar; leave the oven door open slightly and watch closely, as the sugar can scorch suddenly.)
- Let the crème brûlée stand at room temperature until the sugar hardens, 1 to 2 minutes.
- If serving with the sugar cookies, lay 2 cookies over each custard, leaning them on the edge of the ramekins and garnish with mint.
- Serve at once. Enjoy any extra cookies the following day or with a sweet, dessert wine.

Nutrition Facts



Properties

Glycemic Index:30.52, Glycemic Load:18.11, Inflammation Score:-7, Nutrition Score:16.067826177763%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 569.77kcal (28.49%), Fat: 41.51g (63.86%), Saturated Fat: 23.05g (144.08%), Carbohydrates: 37.16g (12.39%), Net Carbohydrates: 35.6g (12.94%), Sugar: 25.17g (27.97%), Cholesterol: 554.73mg (184.91%), Sodium: 89.59mg (3.9%), Alcohol: 0.12g (100%), Alcohol %: 0.07% (100%), Protein: 13.41g (26.81%), Selenium: 33.64µg (48.06%), Vitamin A: 1914.84IU (38.3%), Vitamin B2: 0.57mg (33.29%), Phosphorus: 283.1mg (28.31%), Vitamin D: 4.05µg (27.02%), Folate: 87.42µg (21.85%), Vitamin B12: 1.23µg (20.53%), Vitamin C: 16.85mg (20.42%), Vitamin B5: 1.86mg (18.59%), Calcium: 181.77mg (18.18%), Vitamin B1: 0.2mg (13.66%), Vitamin E: 1.93mg (12.84%), Vitamin B6: 0.24mg (12%), Iron: 2.04mg (11.36%), Zinc: 1.57mg (10.46%), Potassium: 246.39mg (7.04%), Fiber: 1.57g (6.27%), Manganese: 0.1mg (5.14%), Magnesium: 20.24mg (5.06%), Vitamin B3: 0.85mg (4.24%), Copper: 0.08mg (4.08%), Vitamin K: 3µg (2.86%)