


Ginger and Vanilla Bean Crème Brûlée

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



418 kcal

SIDE DISH

Ingredients

- 5 large egg yolk
- 2 tablespoons ginger fresh peeled chopped
- 6 servings fruit sliced (such as mango, papaya and/or kiwi)
- 12 teaspoons sugar
- 1 vanilla pod split
- 2 cups whipping cream

Equipment

- bowl

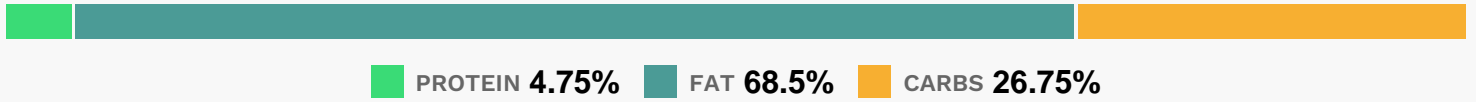
- frying pan
- sauce pan
- oven
- knife
- whisk
- ramekin
- baking pan
- blow torch
- spatula
- measuring cup

Directions

- Preheat oven to 325°F.
- Place three 4-inch-diameter fluted flan dishes* in each of two 13 x 9 x 2-inch baking pans or place six 3/4-cup ramekins in 1 pan.
- Mix cream, sugar and ginger in heavy medium saucepan. Using small sharp knife, scrape seeds from vanilla bean.
- Add seeds and bean to saucepan. Stir over medium heat until sugar dissolves and mixture comes to simmer. Cover pan, reduce heat to very low and simmer gently 10 minutes to infuse flavors. Strain into large measuring cup.
- Whisk yolks in medium bowl until well blended. Gradually whisk in hot cream mixture just to blend. Return custard to measuring cup; divide among dishes.
- Pour enough hot water into pans to come halfway up sides of dishes. Carefully transfer pans to oven.
- Bake custards until almost set in center when pans are gently shaken, about 30 minutes for fluted flan dishes and 35 minutes for ramekins. Using metal spatula, transfer custards in dishes to work surface; cool 30 minutes. Chill at least 3 hours and up to 2 days.
- Sprinkle 2 teaspoons sugar evenly over each custard. Working with 1 custard at a time, hold blowtorch** so that flame is 2 inches above surface. Direct flame so that sugar melts and browns, about 2 minutes.

- Refrigerate until custards are firm again but topping is still brittle, at least 2 hours but no longer than 4 hours so that topping doesn't soften.
- Garnish crème brûlées with fruit.
- *Four-inch-diameter fluted clear glass flan dishes are available at cookware stores and many hardware stores. They are about 2/3 inch deep and hold about 1/2 cup liquid.
- ** Available at some cookware stores.

Nutrition Facts



Properties

Glycemic Index:14.18, Glycemic Load:5.64, Inflammation Score:-7, Nutrition Score:7.8978260496388%

Nutrients (% of daily need)

Calories: 417.52kcal (20.88%), Fat: 32.68g (50.28%), Saturated Fat: 19.62g (122.6%), Carbohydrates: 28.71g (9.57%), Net Carbohydrates: 26.77g (9.73%), Sugar: 23.75g (26.39%), Cholesterol: 242.65mg (80.88%), Sodium: 34.53mg (1.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.09g (10.19%), Vitamin A: 1728.35IU (34.57%), Vitamin B2: 0.25mg (14.98%), Selenium: 10.38µg (14.83%), Vitamin D: 2.03µg (13.56%), Phosphorus: 116.28mg (11.63%), Fiber: 1.94g (7.77%), Vitamin K: 8.09µg (7.71%), Calcium: 77.01mg (7.7%), Vitamin E: 1.1mg (7.34%), Vitamin B5: 0.68mg (6.79%), Vitamin B12: 0.4µg (6.72%), Folate: 26.48µg (6.62%), Potassium: 206.12mg (5.89%), Copper: 0.11mg (5.72%), Vitamin B6: 0.1mg (5%), Iron: 0.85mg (4.73%), Zinc: 0.63mg (4.21%), Vitamin C: 3.2mg (3.88%), Vitamin B1: 0.06mg (3.71%), Magnesium: 13.19mg (3.3%), Vitamin B3: 0.54mg (2.68%), Manganese: 0.05mg (2.31%)