



Gorgonzola and Leek Crème Brûlée



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



365 kcal

SIDE DISH

Ingredients

- ☐ 5 large egg yolks
- ☐ 1 tablespoon tarragon dried fresh minced
- ☐ 5 ounces gorgonzola cheese crumbled
- ☐ 1 cup half-and-half
- ☐ 1 cup heavy cream (whipping)
- ☐ 2 medium leeks split washed sliced (12 ounces total)
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 3 tablespoons parsley italian minced

- ☐ 6 servings salt and pepper black freshly ground to taste
- ☐ 1 small onion yellow chopped

Equipment

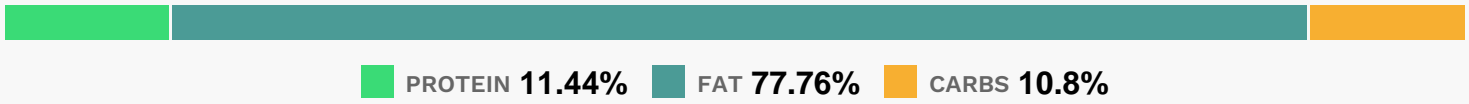
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ blow torch
- ☐ ziploc bags
- ☐ rolling pin

Directions

- ☐ Preheat the oven to 275°F. In a medium saucepan, heat the oil over medium heat.
- ☐ Add the leeks and onion, and sauté for 7 to 10 minutes, or until soft.
- ☐ In a medium bowl, whisk the egg yolks until pale in color.
- ☐ Whisk in the cream and half-and-half.
- ☐ Mix in the leeks, onions, Gorgonzola, dill or tarragon, parsley, salt, and pepper.
- ☐ Place six standard-size flan dishes in a baking pan. Divide the custard mixture among the dishes.
- ☐ Pour warm water into the pan to come halfway up the sides of the dishes.
- ☐ Bake in the oven for 35 to 40 minutes, or until the center of each custard still jiggles slightly.
- ☐ Remove from the oven and lift the dishes from the hot water.
- ☐ Place the dishes on a baking sheet.
- ☐ Evenly sprinkle 4 teaspoons grated cheese or 1 1/2 teaspoons sugar over each custard. Using a hand-held blowtorch, brown the cheese or caramelize the sugar (see note below).

- ☐ Serve hot.
- ☐ Due to the moisture content of brown sugar, it recommended to dry it before caramelizing.
- ☐ Spread light or dark brown sugar out on a baking sheet in a 1/8-inch layer and bake in a preheated 275°F oven for 8 to 10 minutes, or until browned a shade darker.
- ☐ Let cool, place in a small resealable plastic bag, and crush it thoroughly with a rolling pin or flat metal mallet to make fine crystals. Brown sugar treated in this manner has an excellent flavor when caramelized.
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Nutrition Facts



Properties

Glycemic Index:36.67, Glycemic Load:1.95, Inflammation Score:-8, Nutrition Score:13.74521748916%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

Nutrients (% of daily need)

Calories: 364.52kcal (18.23%), Fat: 32.03g (49.28%), Saturated Fat: 18.09g (113.09%), Carbohydrates: 10g (3.33%), Net Carbohydrates: 9.09g (3.31%), Sugar: 4.69g (5.21%), Cholesterol: 229.66mg (76.55%), Sodium: 322.11mg (14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.61g (21.21%), Vitamin K: 50.82µg (48.4%), Vitamin A: 1823.22IU (36.46%), Calcium: 249.05mg (24.91%), Phosphorus: 226.74mg (22.67%), Vitamin B2: 0.35mg (20.45%), Selenium: 14.25µg (20.36%), Folate: 59.44µg (14.86%), Manganese: 0.28mg (13.87%), Vitamin B6: 0.24mg (11.81%), Vitamin B12: 0.7µg (11.74%), Vitamin B5: 1.12mg (11.15%), Vitamin E: 1.52mg (10.12%), Vitamin D: 1.52µg (10.12%), Vitamin C: 8.27mg (10.02%), Iron: 1.69mg (9.39%), Zinc: 1.33mg (8.87%), Potassium: 284.94mg (8.14%), Magnesium: 27.64mg (6.91%), Vitamin B1: 0.08mg (5.32%), Copper: 0.08mg (4.04%), Fiber: 0.91g (3.64%), Vitamin B3: 0.58mg (2.89%)