



Pumpkin Cognac Crème Brûlée



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



409 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup pumpkin canned
- ☐ 2 tablespoons cognac
- ☐ 6 large egg yolks
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.3 teaspoon kosher salt

- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.5 cup sugar plus more for brûlée topping
- ☐ 1 teaspoon vanilla
- ☐ 3 cups whipping cream

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ sieve
- ☐ ramekin
- ☐ roasting pan
- ☐ blow torch
- ☐ aluminum foil

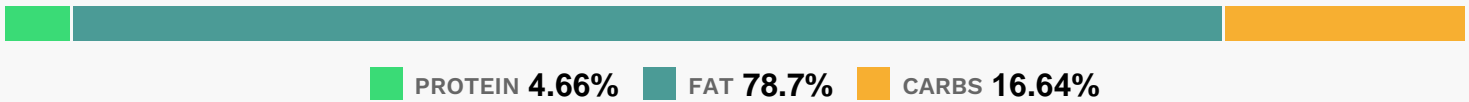
Directions

- ☐ Preheat oven to 32
- ☐ Place 8 (6-ounce) ramekins or custard cups in a heavy-duty roasting pan.
- ☐ Heat whipping cream to just under a simmer in a medium saucepan over medium heat.
- ☐ Remove from heat.
- ☐ Combine remaining ingredients in a large mixing bowl, whisking together just until smooth. Gradually whisk in hot cream.
- ☐ Pour mixture through a wire-mesh strainer into a pitcher.
- ☐ Divide custard evenly among ramekins. Fill pan with hot water to a depth of 1 inch. Cover with aluminum foil, crimping around edges of pan.
- ☐ Bake 45 to 50 minutes or until custard is barely set and jiggles when shaken.
- ☐ Remove ramekins from water bath, let cool, and chill 3 hours or up to 3 days.

- ☐
- Remove from refrigerator.

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Nutrition Facts



Properties

Glycemic Index:24.01, Glycemic Load:8.75, Inflammation Score:-9, Nutrition Score:8.9921738634939%

Nutrients (% of daily need)

Calories: 409.11kcal (20.46%), Fat: 35.72g (54.95%), Saturated Fat: 21.79g (136.18%), Carbohydrates: 17g (5.67%), Net Carbohydrates: 16.43g (5.98%), Sugar: 15.75g (17.5%), Cholesterol: 238.55mg (79.52%), Sodium: 104.09mg (4.53%), Alcohol: 1.42g (100%), Alcohol %: 1.34% (100%), Protein: 4.76g (9.51%), Vitamin A: 3879.81IU (77.6%), Vitamin B2: 0.25mg (14.52%), Selenium: 10µg (14.29%), Vitamin D: 2.12µg (14.11%), Phosphorus: 107.51mg (10.75%), Vitamin E: 1.32mg (8.81%), Calcium: 81.67mg (8.17%), Vitamin B5: 0.67mg (6.72%), Vitamin B12: 0.39µg (6.52%), Manganese: 0.12mg (6.16%), Folate: 24.11µg (6.03%), Vitamin K: 5.63µg (5.36%), Vitamin B6: 0.09mg (4.29%), Iron: 0.7mg (3.87%), Potassium: 134.36mg (3.84%), Zinc: 0.55mg (3.63%), Vitamin B1: 0.04mg (2.98%), Magnesium: 11.06mg (2.77%), Fiber: 0.57g (2.28%), Copper: 0.04mg (2.03%), Vitamin C: 1.19mg (1.44%)