



Roquefort-and-Black Pepper Crème Brûlée

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



436 kcal

SIDE DISH

Ingredients

- 1 teaspoon pepper black freshly ground
- 5 egg yolks
- 0.3 cup roquefort cheese
- 1 tablespoon sugar
- 2 cups whipping cream

Equipment

- frying pan
- ladle

- oven
- knife
- whisk
- wire rack
- blender
- roasting pan

Directions

- Combine first 3 ingredients, stirring with a wire whisk until sugar dissolves and mixture is smooth.
- Add Roquefort cheese and pepper to custard mixture.
- Place mixture in container of an electric blender, and process until smooth.
- Pour mixture evenly into 5 (5- x 1-inch) round individual baking dishes; place dishes in a large roasting pan or a 15- x 10- x 1-inch jellyroll pan. Prepare 1/2-inch water bath (see Brle Basics below).
- Bake at 275 for 45 minutes or until almost set. Cool custards in water in pan on a wire rack.
- Remove from pan before serving.
- Note: Baking time is for 5- x 1-inch round individual baking dishes. As a general rule, to use 4-, 6-, or 8-ounce custard cups, bake for an additional 15 to 20 minutes. When the crme brle is done, the center will still be slightly liquid and a knife will not come out clean. The yield will vary with different size dishes: For 4-ounce cups you'll get 10 servings, for 6-ounce cups you'll get 7 servings, and for 8-ounce cups you'll get 4 servings.
- Don't panic when you see the term water bath. A water bath is simply a roasting pan or jellyroll pan filled with water. The water creates a cushion from the heat of the oven, allowing the custards to bake slowly without curdling.
- Don't burn yourself. Before you take the water bath out of the oven, remove some of the water with a basting bulb or a long-handled ladle.

Nutrition Facts

  

 PROTEIN 7.37%  FAT 87%  CARBS 5.63%

Properties

Glycemic Index:25.82, Glycemic Load:1.79, Inflammation Score:-7, Nutrition Score:8.7452173893866%

Nutrients (% of daily need)

Calories: 435.53kcal (21.78%), Fat: 42.78g (65.82%), Saturated Fat: 25.9g (161.87%), Carbohydrates: 6.23g (2.08%), Net Carbohydrates: 6.13g (2.23%), Sugar: 5.28g (5.86%), Cholesterol: 312.62mg (104.21%), Sodium: 248.44mg (10.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.16g (16.31%), Vitamin A: 1785.04IU (35.7%), Selenium: 14.69µg (20.98%), Vitamin B2: 0.34mg (20.27%), Phosphorus: 172.42mg (17.24%), Vitamin D: 2.5µg (16.63%), Calcium: 166.16mg (16.62%), Vitamin B5: 0.99mg (9.91%), Vitamin B12: 0.58µg (9.65%), Folate: 35.95µg (8.99%), Vitamin E: 1.34mg (8.96%), Zinc: 0.89mg (5.96%), Vitamin B6: 0.11mg (5.61%), Iron: 0.69mg (3.85%), Vitamin B1: 0.06mg (3.73%), Vitamin K: 3.83µg (3.64%), Potassium: 126.19mg (3.61%), Manganese: 0.07mg (3.28%), Magnesium: 11.8mg (2.95%), Copper: 0.03mg (1.69%)